

Grass Roots

For down to earth people

Craft and self-sufficiency

No. 64.

DECEMBER 1987

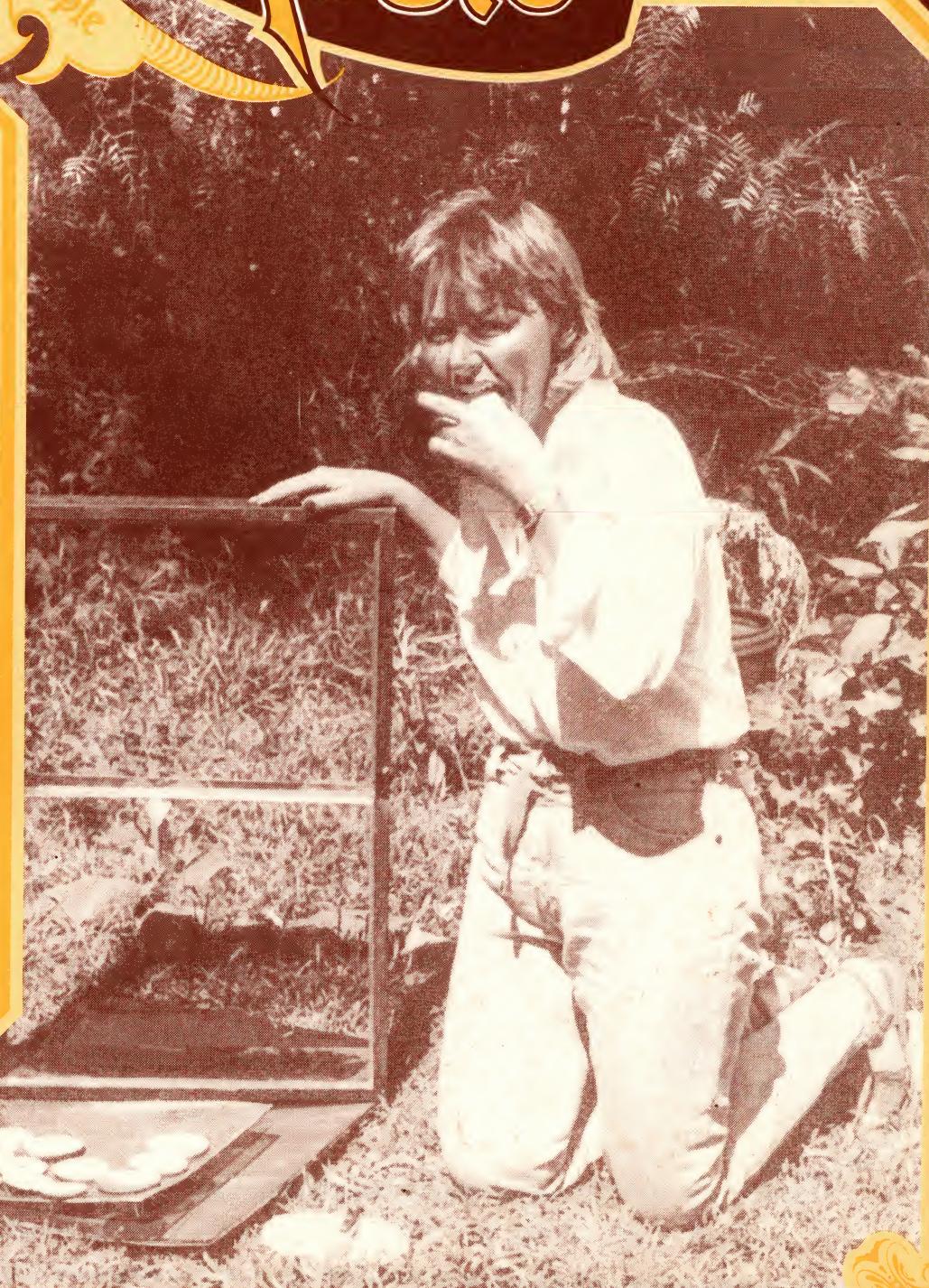
- Solar Food Drying
- Guinea Fowl
- Growing Popcorn
- Fruit Wine
- Processing Poultry

AUST \$3.50

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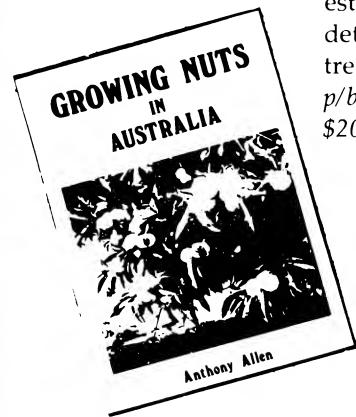
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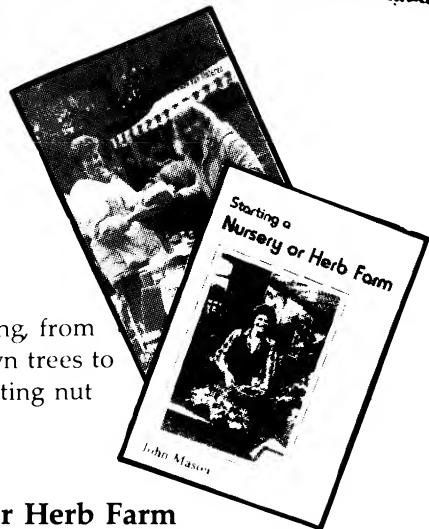
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GREAT GIFTS

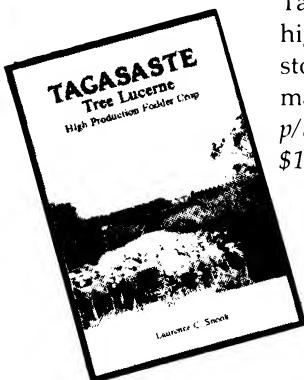
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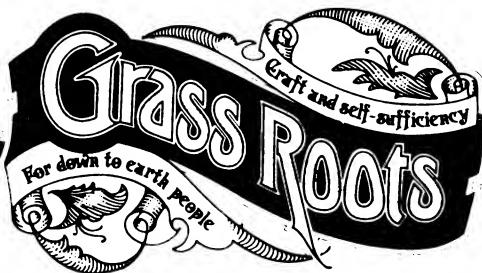
Arthur Cannon

This book contains a how-to-do-it guide, with details of making the tackle, training bullocks and making your own cart. This unique piece of Australian history makes for fascinating reading.

p/b 136 pp

\$15.50 post paid

NIGHT OWL PUBLISHERS: PO Box 764 SHEPPARTON 3630



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Front Cover: Yvonne, one of the GR workers, caught sampling fruit from her simple solar dryer. Summer is a prolific time in the garden but there comes a point when the family cry 'Oh no, not that again!' One practical solution to your garden (or orchard) glut is to dry the excess for winter use. Jose Robinson suggests how best to go about Solar Food Drying on page 29.

Back Cover: An early photo of Peter and Sandra Cock and children working on their home at Moora Moora community. They were part of the initial founding group that put together 'Blueprint for a Community' which appeared in an early issue of *Grass Roots*, and which gave guidelines for setting up a socially and ecologically sound alternative to suburban living. See page 12 for an update on their progress.

Distributed to newsagents by Gordon & Gotch.

Feedback Link-Up Feedback

Dear Friends,

My much loved beau Mike and I are compulsive gypsies and have been living on the road now for a year and a half in our ex-23 seater Toyota Coaster bus, which is our converted home which rolls. Her name is Dolly II (alias Delphin II) and we love her very much.

To get to the reason of why I'm writing, well... at the moment we are living in Marrawah, which is in Tasmania, where we're working and doing something very unusual for us, living in a house. The bus is parked out the back and looks like a huge blue bubble, with a tarp over her. Anyway, a friend of ours has asked us to babysit his adorable 13 year old GOAT, Amy. This we have been doing for the past month, and we've been told she has WORMS. My question is if any beautiful people could give us some sincere advice as to what natural remedy there might be for her problem. We'd really appreciate any information because she's a wonderful friend and only deserves the best. We plan on staying here in Marrawah for about another 2 months, then back to Melbourne and across towards Perth. Any fellow grass rooters who'd like to share some friendship with two like-minded nomads, please write us and we'll write back. We have our mail forwarded. Take care and god bless!

Vicky and Mike
PO Box 436

COFFS HARBOUR 2450.

Dear GR Readers,

I have been desperately trying to track down a VEGETARIAN COOKBOOK I used to borrow from my local library. I borrowed it regularly, trying to convince myself I shouldn't keep it, then found one day somebody else decided to. I have tried all avenues to buy myself a copy, it cannot be obtained, but if any readers have it, I would dearly love to buy it. I would even pay a handsome borrower's fee so I could photocopy the parts I want and I would promise to return it. The book is *Vegetarian Gothic* by Mo Willett, published by Stackpole Books, Harrisburg, PA. 17105. A quote inside the book I pass on to all of you, 'May the good light within you, guide your way on'. Hoping against hope to hear from someone.

Julie Bell
'Myola'
BLACK MOUNTAIN 2365.



Edited by Megg Miller and Kath Harper.

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Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

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Dear Grass Roots,

While reading a back copy of *Grass Roots*, I came across a letter which I would like to comment on. The writer was David Anderson, and the issue was the KEEPING OF DOMESTIC PETS. We live in an area which is almost completely bush surrounded by open farmland, and we have a variety of wildlife here, including kangaroos, wallabies, possums and echidnas. We also have a large number of birds, from finches through to eagles.

The business we carry on here is that of breeding dogs on a commercial scale, and we have found that the dogs do not deter the native animals at all. Instead, the wallabies and possums come right up to the kennels at night and echidnas can be found there during the day as well. I believe that people should be free to keep dogs and cats if they wish, but in a responsible manner. Put bells on your cats to protect the birds, and train your dogs not to chase native animals, in the same way that you would teach them not to chase sheep or cattle. And don't allow your dogs to roam. Responsible, caring dog ownership means knowing where your friend is at all times. Anyway, if you treat your dog right, you'll probably find that he wants to spend most of his time with you.

Dorne Chadderton

C/- PO

LEARMONT 3352.

Dear GR People,

We are thinking of putting in a COMPOSTING TOILET as a second loo, and would like to hear from anyone who has experience of one. Do they really work? And where do you buy them? We have seen the name 'Ecolet' mentioned in a magazine about solar houses, but have never come across advertisements by anyone who sells them. Any information would be much appreciated.



Jo and Peter Benyon

PO Box 193

MILTON 2538.

Dear Readers,

With regard to Jo Kirkwood's letter GR 62 concerning her cat's food allergy, I too had a similar problem with my dog and solved it the same way. At the age of 5 months my Rottweiler pup began showing bald patches, which began along the back and continued down to the tail, eventually spreading to all parts of the body. Not only were they unsightly, but also extremely itchy, and Ben spent hours chewing and scratching himself. This resulted in turning them into inflamed and discharging sores. Several visits to vets resulted in disappointment and enormous expense, with still no change in the condition. The causes — supposed causes — ranged from mange, flea allergy, wandering jew allergy, nervous conditions, coat shedding, etc. Finally, in desperation I read *The Complete Herbal Handbook for Farm and Stable* by Juliette de Bairacli Levy and followed her theory on eczema. I changed Ben's diet from processed food to fresh meat, vegies and grains — all natural products — along with 4 garlic tablets per day. The symptoms eased within a fortnight and ceased completely within two months. This after two years of scratching, chewing and frustration!

I have only one problem. I have been searching for a recipe for DOG BISCUITS for quite some time now. I have found only one which, when baked, remains chewy rather than crunchy. Can anyone out there offer advice? If anyone wants the rest of Juliette's treatment just drop me a line. Thanks for a great magazine.

Lesley Kirby

49 Dight St

RICHMOND 2753.

Dear Megg, David and Everyone,

Could anyone give me advice and information on the SEASONAL WORK SCENE in Aussie and NZ? What type of work, conditions, pay rates, accommodation if any, travelling hints (is it better to go on foot with tent, and so on) and the advisability of a female travelling alone. Any suggestions would be gratefully received. Well, keep up the good work and take care.

Julia Beuker

Main Rd

Makara-RDS

WELLINGTON, NZ.

Feedback Link-Up Feedback

Dear Megg and David,

We are a family of 4. Fred, Cheryl, Mark (2). Chris (8 mths) who are planning to TRAVEL AUSTRALIA from about August 1988 for approx 1 year. We would have to start planning now, giving some thought to the mode of transport (bus and small car on trailer?). problems en route with 2 young children and availability of work (Fred is an electrician). Also, Mark has a dermatitis problem. It started on his feet when he was 6 months old and now covers his whole body. His dry skin causes him to itch and scratch, resulting in broken bleeding skin. We have tried numerous ointments without much success. Any emotional upset causes his rash to flare and this includes teething. At present Mark is being treated by a naturopath with Blackmores Duo Celloids PSMP, SPIP, and CP57, plus herbal drops containing 'Star Of Bethlehem'. We would be happy to hear from families who have travelled and their experiences and anyone who has had success with treating DERMATITIS. Kind regards and thanking you.

Fred and Cheryl Blomer
MS 624
GYMPIE 4570.

Dear Grass Roots,

I was wondering if anyone could help with information regarding NATURAL FABRIC DYES. I am particularly interested in learning how to obtain a deep emerald green dye, via organic material, as the commercial shades available (after years of experimentation), have left me dissatisfied. Also, we would love to get in touch with an old and dear friend of ours: a New Zealander, Ross Boyd. The last address we had was in Streaky Bay, SA and that was over two years ago. Any news of his whereabouts would be very much appreciated.

Carey, John and Sorrel
4/2A Alexander St
COOGEE BEACH 2034.

Dear GR,

Since reading my first issue of *Grass Roots* I realised in which direction my life was headed, very wise decision I think! We idealised about self-sufficiency until we were lucky enough to try our hand on 100 acres, 60 kms from town. We stayed for twelve months with caravan, tent, river and outdoor kitchen. We experienced drought, fire, flood and snowfall! And worst of all my son, 18 months at the time, was burnt with boiling water and consequently flown to Camperdown Children's Hospital Burns Unit, who were wonderful and if I ever win any money they'll get a fair share of it.

We eventually moved to Uralla, the latter event contributing as well as our financial state. However, I look back on that year very fondly and we laugh about the things we did in order to survive. It was an enriching experience and we have learnt a great deal, especially appreciation and respect for the luxuries that life has to offer, electricity, taps and so on.

I still want to live on a small piece of land, but for me there's a COMPROMISE BETWEEN SELF-SUFFICIENCY AND AN ENJOYABLE LIFESTYLE.

Anyway Uralla's a great little town — with some very special people here. And it's not far from Armidale, where there's some great schools and a wonderful variety of people.

There's so much more I want to talk about, but I'm trying to keep it brief (for Megg's sake). I'd love to write to anyone who would like to write to me. I'm 25, female, have a 5 year old son, Sam, trying as hard as possible to attain a healthy attitude and body, although I'm tempted by a party. Maybe in my next lifetime I'll get it right!

Jo Christian
PO Box 220
URALLA 2358.

Dear Megg and David,

I have a grazing and cropping property and I am anxious to swing completely away from chemicals over to BIO-GETIC OR ORGANIC CONTROLS. Trouble is, I can't find anyone who produces these alternative controls, nor much written information either. As you will realise, I am interested on a business level. The areas that I am particularly interested in are weed control, insect and grub control, vermin (rabbit) and parasites in livestock. I did purchase the book *Biogetic Farming in Australia* but it didn't cover the area I was looking for. If you know of any people who market such controls I would be eager to contact them.

Rick Shovelton
RMB 2022
EUROA 3666.

Dear Readers,

I'm hoping someone can help me with a couple of things. I made up a recipe of WHITEWASH which I read in previous GR although there was no 'method' instructions. I'm wondering if anyone has a good tried and tested recipe with full instructions on how to blend ingredients. Secondly we run a few head of cattle and horses and I'd like to collect as much information as possible on growing 'TREE LUCERNE', before I invest time and energy. Last of all, does anyone have information on the price/viability of a single cow MILKING MACHINE. I don't even know if there is such a thing but I certainly hope so. It would make my day an awful lot easier.

Thank you for a very sensible magazine — always a pleasure to read. What a shame the whole world couldn't live simply so we could all simply live.

Julie Richardson
PO Box 120
WOODBURN 2472.

Dear Readers,

I am urgently in need of some BOTTLE GOURDS. I have tried growing them here but so far no luck. Can anyone tell me where I may be able to get or purchase some. Thank you.



K Burgess
'Backwoodsman Club'
Wychwood
Boorolong Rd
ARMIDALE 2350.

Dear People,

I will endeavour to make this as short as possible — but I need to talk.

After many tests, I have been diagnosed as having INTERSTITULAR CYSTITIS. I was booked to go into hospital and went, then told them to cancel and left! As the specialist said, they don't know what causes it and they can't cure it. My bladder is haemorrhaging and they wanted to stretch my bladder, cause massive bleeding, which is then supposed to heal — for approximately one year. All this seemed rather perverse to me and I felt sure that it could be extremely detrimental in the end, as I would have to have this done about each year.

I went from the hospital to a reputable naturopathic clinic and was told I'd done the correct thing and have been put on a mixture three times per day of barley water and certain vitamins. I'm also to see an osteopath regularly, as I have a slight curvature of the spine and it could be pressing on my bladder and causing this trouble.

If anyone has had this particular illness, or knows of a cure or treatment, I would be eternally grateful, as the specialist says if it's let go, the way it is, I will begin to have bad pain, my bladder will begin to cramp up and I may be incontinent well before old age. I am a bit blown out by this new turn of events in my life and being stranded out here without a car isn't helping my head any.

Thank you for your time and any help you may be able to pass on to me. May the Lord Jesus bless you all.

Juanita
C/- PO
FEDERAL 2480.

Dear GR Readers,

Hi! at the moment I'm living in a small granny flat in Sydney's western suburbs. I'm a double certificate registered nurse currently working in child care. Although I enjoy my work very much I feel that very soon I'm going to have to get out of this city. I look around me, turn on the news, open a paper, or just watch how people relate to others (or don't) around here and I say to myself 'If I ever find the lady of my dreams and have kids I certainly don't want to bring them up in Sydney'. If all goes according to plan I should be moving up to Coffs Harbour in the new year to live with some friends who are renting a nice house on 5 acres.

What I would like to do, however, is to buy into a community. the areas I'm particularly interested in are Bellingen - Coffs and Nimbin - Lismore. I would gratefully appreciate any letters from people who are now, or have at one time, LIVED ON A COMMUNITY. just to fill me in on some things, ups and downs, do's and don'ts of community living. Also what sort of money I should have before I start looking. Does anyone know how banks feel about lending money in this type of situation? If not, a letter from anyone, just to say hi! would be great.

Ian Gardner
148 Northcott Rd
LALOR PARK 2147.

Feedback Link-Up Feedback

Dear GR,

It's three months since I moved to Seymour, so I'm feeling sufficiently settled to meet more people hereabouts. I'm a 22 year old woman, working with adults who have mild intellectual disabilities. My interests include music (particularly folk and women's), environmental issues, amateur theatre, travelling, horticulture and food. If you share any or all of the above diversions, please write.

Ro Madden
7 Railway St
SEYMOUR 3660.

Dear Grass Roots People,

We are a family who live reluctantly in the city because of our employment. Heidi, our seven year old, has suffered with severe asthma since she was a baby. This clears up whenever we have time to spend at our small 6 acre block in Gippsland, Vic. There we have built a small log cabin using the timber from the block and being careful not to clear more than what we've needed.

This retreat has been our sanity now for several years and our ultimate aim is to live there permanently. Meanwhile could anyone let us know where we may ACQUIRE ORGANICALLY GROWN FRUIT AND VEGETABLES in Melbourne's western suburbs at reasonable prices. We feel this may help Heidi's health improve. Thank you all for the many inspiring projects we've read about in this magazine.

Robyn and Hannes Schaefer
58 William St
ESSENDON 3040.

Dear Friends,

When reading *Grass Roots* I am happy to see that there are so many knowledgeable people amongst us, both near and far. It is good to see that they are so willing to share their knowledge and experiences with us. I believe that people who try to go back and live with nature have this love to give and share. I am sure that *Grass Roots* makes many people happier and richer in their lives. Much of the printed material sold in the form of books does not convey information as clearly and coherently as magazines like *Grass Roots* does - 'their' intention is to make a fast buck and not to educate people on the down to earth level.

For anyone who might be interested there is a SELF SUFFICIENCY SOCIETY, which meets every second Monday of the month at 7.30 pm at the Plant Research Institute, Department of Agriculture, Burnley Gardens, Melbourne. There are many interesting speakers, with question time, and light refreshments afterwards. For more information contact the Secretary on: (03) 8101736. Looking forward to seeing you there and everyone keep up the good work.

B Branda
18 Dower St
BURWOOD 3125.

Hi There,

I just thought it was time to say g'day to everyone. I've only been reading *Grass Roots* for about 12 months, but the feeling it gives me hasn't changed. I always feel happier and not so alone whenever I pick up an issue of this wonderful magazine.

Well here we are in the middle of nowhere. My husband, our old collie Laurie, a black cat, Moon and I have been living in Barton for five months. Barton is situated approx 650 km west of Port Augusta on the Trans Australian Railway line. We share this place with four other families. We are originally from Ramornie near Grafton NSW where we have a piece of paradise in the shape of 108 acres of bushland and a half finished cottage. The reason we're here is the settlers job Derrick has got. Life in Grafton will have to wait a while as we would like to save enough to finish our home and then travel.

Is there anyone who would like to WRITE TO ME and let me know what's happening in their part of the world? Especially if you're living in northern NSW. I'm 21 years old, expecting my first baby next April (yippee) and enjoy any crafts, especially macrame. Also horse care and riding and hopefully, one day, breeding. I'm not religious and enjoyed the occasional smoke and drink before bubs was discovered. Also any recipes for HOMEMADE SHAMPOOS and soaps? Could you tell me which shops the ingredients are found in, as one day a month is not long enough to go hunting for anything too unusual. Lastly anything gentle to keep the flies out of my dear old Laurie dog's eyes. Hi there Sandra and Sergio.

Denise Butler
C/- Trans Aust Railways
via PORT AUGUSTA 5710.

Dear Grass Roots Readers,

Those of you who are having trouble with POSSUMS in their FRUIT TREES may be interested in this remedy. Heat a jar full of camphorated oil in a basin over hot water. When melted add a couple of handfuls of crushed mothballs and let it cool. Rub some of the mixture on branches of the tree every couple of weeks. For me this has worked very well.

I am currently building on my 40 acre bush block at Molesworth which is 30 minutes north west of Hobart. My problem is that I have bought a CARMICHAEL 425 SLOW COMBUSTION STOVE in poor condition. I believe that these stoves were a good model, but are no longer made. Can anyone tell me if parts are available and who sells them. I would also be interested in people's experiences with Carmichael stoves.

David Closs
10 Franklin St
WEST HOBART 7000.



Dear Folks,

Many thanks first for a magazine that gives people a chance to get in touch with each other. Although not as grassrooted myself (rather 'uprooted'), I find inspiration in the struggles people go through to find themselves.

My way of finding out where I am is TRAVELLING. I tied myself down long enough to become a qualified acupuncturist/masseur. The plan is to start cruising anticlockwise around Australia, starting from North Queensland sometime beginning 1988, and offer my services to people in remote areas who have a need. I'm mainly vegetarian but have always been pliable to circumstances and detest all kinds of fanaticism. I intend to buy an old, but trustworthy 4WD, to be able to go where I want. Would love to hear from anyone interested in what I am doing.

Marcel Ponti
PO Box 819
AIRLIE BEACH 4802.

Dear Grass Roots,

I am desperately seeking BOOKS on DRAUGHT HORSES (particularly Clydesdale), harness, farming with (and management of) same. I cannot find anything anywhere, so could you please help with titles and/or addresses. Also, could you tell me please if there are any SOCIETIES involved in this field.

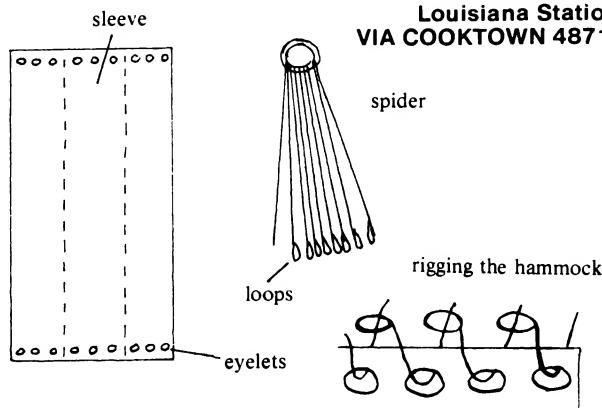
Ashley Austin
Bracewell
MT LARCOM 4695.

To Jennie Tresize (GR 62, p. 89).

The army disposal would be the best place for a BROWN HAMMOCK - British/US Navy issue. They've got 9 'legs' in the 'spider', the French are grey and have got 18 legs in the 'spider'. The 3 types have got a small mattress which slides in the 'sleeve'. To rig them, put the loop through the 1st eyelet, then the next loop through the 2nd eyelet and catch the first loop and the third one the same way and catch the second loop and so on. The last one is only tied, no loop.

One spider has got one ring, the other a ring and a short rope so that you can tension your hammock. To keep it wide open we used to put a sharp broom handle, the stolen ones are the best, sharpened both ends and put into the eyelet. Sweet dreams Jennie.

Mike Bredillet
Louisiana Station
VIA COOKTOWN 4871.



Feedback Link-Up Feedback

Dear Megg & David,

My wife and I have been reading your magazine for a few years now with a great deal of interest and pleasure. Recently I suffered a cardiac arrest and although feeling much better I'm afraid I find the running of a 1000 acre property beyond my 64 years and current health. Unfortunately in the current economic climate every second property is on the market, so that one is forced to sell at very, very low prices. The property is situated some 2½ hours from Sydney in the mountains on the western slopes, permanent creek, lovely views, hot days, cold nights and a wonderful place to live.

The thought occurred to me that perhaps *Grass Roots* readers may be able to offer suggestions as to how my wife and I may RETAIN OUR HOME OF 20 YEARS and at the same time turn it into a viable proposition considering my health problems. We will answer all letters if addressed to the address below where we are staying whilst I attend hospital.

MLFB
41 Peter St
BLACKTOWN 2148.

Dear Megg & David,

Could I please send out a desperate plea for help? Due to a set of rather bizarre circumstances after my 'friend' and I replied to an advert in *Grass Roots*, I now find myself in dire straits. I will not go into details at this time except to say I am kicking myself for being such a trusting fool and trying to help someone who did not deserve help. Due to my so called friend, I am in over \$2000 worth of debt, my nest egg gone and most of my invalid pension going to pay for valuable tools and possessions now stranded on a property in Qld. The owner of the property has told me 2 conflicting stories and as I am unable to get up there myself to sort things out, I am praying that genuine GR friends can help. If there is anyone in, near, or who will be TRAVELLING THROUGH BEENLEIGH and on DOWN TO MELBOURNE in the near future, with room in their trailer or truck to spare, could you please contact me?

I am really at my wits end and so angry with myself for allowing a con artist to fool me. I thought that at 51 years I was pretty clued up and never thought a friend would bleed me dry of the little I had. Thanks for a great magazine, it's wonderful not to be confronted with Lady Di or Fergie on the front cover and slimming diets next to recipes for yummy cream cakes! Hope you last for ever but in the meanwhile, HELP!

Jan
741 Nepean Highway
MORNINGTON 3931.

Dear Readers,

Hi there! We have two questions that we're hoping someone can answer for us please! How does one go about growing KUMARAS (NZ Maori sweet potatoes) and how would we go about obtaining the tubers? Also could someone put us onto a magazine similar to *Grass Roots* except the subject matter being RECREATIONAL-FISHING?

Regarding Julie Faithfull's inquiry re DANDRUFF in GR 62, Please refer to GR 56, page 95, pensioner Hobart. I have had a great deal of success both in my hair and beard by using Johnsons Baby Oil as recommended. It takes time but it really works. For anyone interested in ORGANIC GARDENING and sharing our problem of rocky ground making digging an impossibility, then try this method (as we are doing):

- 1 to 2 inches of newspaper
- 1 to 2 biscuit layers of lucerne hay
- a good sprinkling of horse dung and seaweed
- about 2 inches of top soil
- plant seeds and seedlings
- place a loose layer (1 biscuit depth) of hay over seed beds and around seedlings
- continue to mulch with the hay as the plants grow to keep the garden weed free and moist.

We obtained the above method out of a book called *Esther Deans' Gardening Book* (Growing without Digging), published by Harper & Row. Companion planting we feel is very much part of this project as well, she says 'Don't forget the bloody worms!!' Anybody interested in fishing or gardening please write soon.

Beni & Lyne Hasheem
PO Box 1541
PORT LINCOLN 5606.

Esther Deans' Gardening Book is a continual favourite among *Grass Roots* readers. It was reviewed in GR 60 and is available from Night Owl Publishers, RRP \$9.95. Great value!

Dear Megg, David & Readers,

It's about twelve months since I last wrote to *Grass Roots*. At the moment, I am sharing a flat with a friend in Sydney. I have been here for the last six months, and am enjoying the change of lifestyle after spending most of my adult life in a north coast tourist resort.

Re Julie Faithfull's query about HERBAL REMEDIES for DANDRUFF: some years ago I had a very bad outbreak of dandruff, and had to seek help from my trusty GP. Nothing did any good until I bought a bottle of Rosemary and Coconut shampoo at the local health store. I think the brand was Blackmores. Anyway after about a month of using it, the dandruff cleared up, and I had no more trouble for about a year when it broke out again, so I evolved my own cure which worked very well.

I took a few sprigs of rosemary, boiled them and left it overnight. The next day, I rubbed my scalp well with the brew, leaving some to use for a final rinse after I shampooed my hair in the usual way. Once the dandruff cleared up, every week I made a brew of rosemary, sage, tansy, lavender, and stinging nettle leaves, and used this as a final rinse. If none of these are available eau-de-cologne mint boiled and left overnight is also very good. I hope Julie finds this helpful; it worked for me. Rosemary hair soap is a good substitute if fresh herbs are unavailable. I think Soap Box stores have it.

I have a few pot plants here and have struck some GERANIUM cuttings which have taken off very well. Last week at Dymock's Book Store I bought a very good book *Growing Geraniums and Pelargoniums* by Llewellyn-Morris-Hudson. It has lots of color plates and useful information and costs \$10.50. It is written by Australian growers for Australian conditions. Being a geranium nut, I love it. Would like to contact any GR people in Campsie area. Love and peace to all.

Barbara Mauritzten
Flat 2/3 Messiter St
CAMPsie 2194.

Dear Readers,

Steve (an electrician) and myself are TRAVELLING AROUND OZ in '88. I'm looking for some simple recipes I could create in a small camp oven and make dehydrated or tinned food more interesting. We would love to hear from those who have had past experiences on such long trips around our wonderful country. Has anyone camped on any of the Whitsunday Islands?

Please drop a line and I will do my best to answer all. Regards.

Steve & Sue Dymond
20 Forest Rd
BLACKBURN 3130.

Dear GR People,

I first came across this magazine about 1982, and was delighted to feel in touch with like minded people who choose to move away from the rat race!. I am presently living in the South Island of New Zealand and have been for the last 6 years, after 15 years spent in Australia living part of that time in Brisbane and a number of years in Sydney.

Although I have enjoyed my time here in NZ the colder climate is not my 'cup of tea', therefore I am intending to move to NSW hopefully north of Sydney — coastal if possible. I would like to correspond with any likely person male or female who would like to share similar ideas. Good health and peace to all.

Barbara
361 Pages Rd
CHRISTCHURCH 7, NZ.

Dear GR Folks,

I have been wondering since this new assets test by Social Security — 5 acres or more is counted as a asset — how many GR folk will be forced back into towns. I thought we were hard done by having to move from our 20 acres, but now things are changing in the world again. (I might add our moving had nothing to do with asset tests.) Folks that are planning to move, think of what you can do on ¼ ac and up to 5 ac. We have ¼ ac and have been slowly doing up our garden over 6 months. There are problems, learning to live with noise mainly and having no cow, but we have 2 goats which were given to us by GR folk. So if you are moving there are lots of small towns throughout Australia that are semi-rural, have shops and small schools and the laws allow a few hens and other small livestock that are kept properly. Reality is worth facing as the times of big acreages are slowly leaving us as GR folk. Dry areas and poor soil can be made productive with the right management and patience. Happiness to you all.

Rowena Mahe
6 Ann St
MALANDA 4885.

Feedback Link-Up Feedback

Dear Grass Roots Readers,

I have been a reader for a few years. Although I live in massive Sydney I still find the articles in *Grass Roots* informative and useful. Also I enjoy the mood and concepts of people who involve themselves with GR lifestyles.

As one who is trying to improve her family's living I take care to buy chemical-free food and eliminate as much unnecessary junk food from our diet. This led me to consider the water I receive through my kitchen tap, care of the Water Board, and so began looking into the available domestic water filters and their efficiency and durability. What I found was a WATER PURIFICATION SYSTEM that truly cleans tap water (eliminating such undesirables as pesticides, chlorine, fluoride, virus bacteria, allergens, heavy metals) and the first glass of water is as pure as the 631st, which is more than can be said of the carbon variety. As a bonus there is no maintenance for approximately four years and then it is very low.

I am very pleased with my unit and feel that anyone who looks after their health would be interested in seeing this unit at work. If anyone would like to know more ring me, or write.

Karen
(02) 558 0724
46 Kays Ave

MARRICKVILLE 2204.

Dear GR Readers,

My wife and I are considering a possible move in the future to the Byron Bay area or somewhere else close in northern NSW, if anyone is aware of GENERAL PRICES in that area either land or house and land 3-5 acres please advise on the above address.

John Kiernan
22 McDonald St
DIMBOOLA 3414.

Dear GR Readers,

We are writing requesting information concerning MULTIPLE TENANCY on rural land in the Kempsey area. We would appreciate any letters regarding legal loopholes or methods of bypassing council regulations in regards to this matter. Included in this could be any knowledge on how to gain building permits for the same cause. Anyone who has had experience in this situation is most welcome to write as we would appreciate even the smallest amount of help in our problem.

Also, has anyone any suggestions on how to control TICKS and what type of plants attract or repel the wonderful little creatures. Thanks for your time.



Terry Briggs
22 Campbelltown Rd
INGLEBURN 2565.

Dear Readers,

Is anyone interested in assisting with the CREATION of a large BOTANICAL GARDEN in the highest region of the Central Tablelands? It's one of the projects being undertaken by the Iona community which owns some 400 ha of land, so there is the potential to incorporate rare, endangered, beautiful and useful species from all climatically compatible regions of the world. Seeds, potted specimens, help with planting and maintenance, tree guards, or simply a few words of support — it'd all be welcome.

Just think — the world's flora is under threat from pollution, industry, agriculture and population pressure. Write to me soon and together we can try to do something to avert at least some of the loss.

Mark McLeod
PO Box 81
OBERON 2787.

Hello Readers,

Cindy and I are looking for correspondence from anyone who has TRAVELED the country by HORSE AND CART. I've done it by four wheels, two wheels and thumb, but I think a much slower pace would be a better experience. We've found an extremely well preserved cart and want to turn it into a gypsy wagon. I'm a pretty good builder but that doesn't help with unforeseen problems on the road. I'd like to build with oregon and cedar to make things as light as possible.

Anyone with any practical experience or helpful hints please write.

Terry, Cindy & Slydog Milne
RMB 1044 Hazelwood Estate Rd
YINNAR 3869.

Dear Grass Roots

Can anyone please give me a list of Steiner schools and their teachings around Australia, or just any they know of. I also have a cheap way of PURIFYING WATER if anyone would like to try it. Buy some activated charcoal from your local nursery. Place in a jar with water and shake, let settle and pour off dirty water. Keep doing this until water is clean. Then place charcoal in coffee filter then into a funnel, put funnel into a jug and slowly pour water from tap over charcoal. You now should have crystal clear water. Peace and happiness to all. Thanking you in appreciation.

Karen Nielsen
34 Phillip Grove
KALAMUNDA 6076.

Karen, we hope you have already found the list of Steiner schools in Australia that appeared in our last issue, GR 63, p. 70.

Dear Megg and GR Readers,

Does anyone know where we can get a HOT-AIR ENGINE? They are antique but we actually want one to use to pump water from a dam for the irrigation of a small vegetable patch at Murphy's Creek near Toowoomba in SE Queensland. This farm is an activity of the Toowoomba CYSS of which we are Project Officers.

If we had the hot-air pump the young people could scout around for wood, light the furnace and tend it as part of a self-sufficient power supply. Hot-air engines ceased production in about 1910 and are quite rare. But we thought some 'appropriate technology' folk may know where there is one, and would like to envisage it being put to good use. Any leads?

Frank McMahon & Barry Lamb
38 Hume St
TOOWOOOMBA 4350.
Ph: 076-326-764 BH, 076-385-561 AH.

Hello

We are a family of 4 soon to be 5. Neil and Jancy, and Jason (5) and Taja (2½). We are planning to leave Adelaide in October 1988, and make our way up the NSW coast. We hope to find approximately 50 acres within 30 kms of the coast anywhere from Coffs Harbour to Sutherland Pt. Anyway, the purpose of this letter is to find people along our route (Adelaide, Mildura, Hay, Dubbo, Tamworth, Coffs Harbour and then up the coast). We are leaving Adelaide because we can't stand the cars, the pollution, chemical sprays on our food and the rental situation. If people would like to write, all letters will be answered. We are not religious or strict vegetarians. Now for some questions! Does anyone have a plan for building a BACK INVERTER? Neil has a very bad back which he thinks would be helped by hanging upside down for a few minutes each day. Does anyone know of any SCHOOLS (particularly Steiner) in the area we want to be? I am very much opposed to schools that control and repress. Is there anyone into or interested in PRIMAL THERAPY? I sometimes feel alone on a desert island! We seem to be so few. I am particularly interested in corresponding with other 'feelers' with kids.

Now for some answers. Mary and Alan Law (GR 60), I don't know how to seal your path, but I do know how to stop it getting in your house! Leave your shoes at the door. We have a large shoe rack just inside our door where all shoes and boots get left. We have been doing this for 5 years now and our house stays quite clean. Elaine Bultreys (GR 60), a caustic bath does not usually damage glass, but there is an occasional accident. Do not put cedar wood in caustic — it will go green. Tuddenham family of Alice Springs — the best nappy rash cream I have come across is Lucas Paw Paw Ointment, available from health food stores and some supermarkets. Seems expensive but it lasts. A thin smear is usually enough. To Jo and Terry Campbell — a cure for your thistles could be goats — they just love them.

Before I close — does anyone know the whereabouts of Dennis Franklin — last known abode was Geelong, Vic about 3 years ago. He spent some time in Adelaide just over 5 years ago. Dennis, if you read this, please get in touch, Jason has been asking about you. Also, if anyone wants any information about homebirth or wants to share experiences, I would love to hear from you. I had both my kids at home and am planning on the third being born at home, too. All letters answered as promptly as possible.

Jancy
Post Office
SUMMERTOWN 5141.

Feedback Link-Up Feedback

Dear Megg and Gang,

Hello I'm alive and feeling a sense of relief after leaving my job as a cook in the Australian Navy. I was restricted in my ways for 6½ years altogether.

I'm on the casual list of a reputable catering company and waiting for a phone call and some decent money so I can eventually buy my own block and build a muddie but will have to get some experience in building first. Anyway take care and may your lives flourish.

Leslie Morrison
7 Symons Cres
MORWELL 3840.

Dear Readers

I read with great interest the article on CONVEYANCING in GR 62. I firmly believe that such information should be freely available, so that solicitors do not continue to collect exorbitant fees for a fairly simple task. However, the article appears to relate only to Tasmanian conveyancing, and as each state has its own laws and procedures, the information could cause costly mistakes when applied to other states. For example, in Queensland:

- * Requisitions on Title should be completed by the vendor.
- * Forms 'F' and 'Q' are normally required by the Stamps Office.
- * A mortgagee financing all or part of the purchase will require the transfer to be stamped prior to settlement.
- * Conveyancing should not be attempted by an inexperienced person for strata title or 'old title' properties.
- * Notices are required to be sent to the Valuer-General's Department and Land Tax Office within a certain period after settlement. Now, make sure you check the requirements in your own state before you start, to avoid unnecessary trouble and expense.

Peter Mills
KIPPA-RING 4020.

Interested readers may like to turn to p. 26 of this issue to read more on conveyancing.

Hi GR Folks,

Hi my name is Kat and I was wondering if anybody reading this had been through a DRUG REHABILITATION and if so how did you handle everything when it all started rising from inside you? I am in one now and have been for 6 weeks and was wondering if anybody male or female would like to write to a 25 year old mother of a 20 month old daughter, who gets crazy sometimes?

It would be great to have an 'outside' positive link. Thanks for reading my bit. Bye for now hopefully to some people.

Kat
Kamira Farm
PO Box 284
NORTH WYONG 2259.

Dear Grass Roots Folks,

Aren't we all lucky to be able to share with each other via this tremendous magazine. I hope some like minded people may be able to identify with me. I have been a closet 'alternative' for many years held back mainly by life on government benefits and two marriages with very orthodox hard-nosed husbands, and 4 children who see wholemeal flour and grain bread as worse than being a starving refugee.

The good news is I have recently married for the third time and my new husband has supplied me with a humble but lovely home on the family property in the glorious New England ranges. I have taken a break from the frustration of a BA degree and have the time, the space, the muscle (thanks to hubby) and a little bit more money to live the life I have only dreamed of. Even though my plans and diet are still mostly for me, my husband being basically a steak, eggs and chips man, he supports and encourages anything I want to do. He has said in jest that since marrying me his whole world is turning brown (flour, rice etc), but he does try all my cooking and has been pleasantly surprised.

I would LIKE TO HEAR FROM WOMEN who might see themselves in a similar light. I am 34, Aquarius, my children are 16, 13, 7 and 4. I am into alternative health methods and herb gardening. I enjoy a hamburger but would be total vegetarian except I really hangout for a bacon sandwich and chinese food once in a while. I am a new *Grass Roots* reader and can't tell you the gap this great magazine fills in my life.

Julie Bell
'Myola'
BLACK MOUNTAIN 2365.

Dear Megg, David, Kerry and the Gang,

Tonight it is soggy wet out there — pouring and how happy that makes me feel. Ah! The life where rainwater is precious and loved by all. .!(well nearly all). The chooks don't think 3 days rain in a row (not solid) is fun. But their HOT MASHES are their highlight of such days. What do I use in my hot mash? Well, any household kitchen scraps. I heaped scoop bran (flaky), I heaped scoop wheat, I heaped scoop layers pellets and a few fistfuls of grit (my scoop's about the size of a one litre saucepan). Mix all this in a bucket with as much hot water as to cover it. Serve immediately, giving the water fowl liquids in the bowl too 'cos they love to dibble. I sometimes pre-soak the wheat and other times hot chillis chopped up help keep them warm. Stock water that vegies for dinner have been cooked in, poured into their tucker (hot) is really nourishing too — special treats — garlic, fresh silver beet and spinach. We have 7 ducks, 4 geese, and 15 (or so) chickens now, so the above mentioned amount feeds 26 birds of different sizes. Seems good because refeathering takes next to no time and hence, the rate of lay goes up again and they feel all the happier for it. By the way, they free-range. Also, I try to keep their meal time at the same hour each day if possible. With love,

Lorraine
Chittering Valley Rd
LWR CHITTERING VALLEY 6084.

Dear GR Readers,

Can someone help me please? I'm looking for a recipe for making a GINGER BEER PLANT so I can make ginger beer soft drink.

G. A. Page
C/- PO

HUMPTY DOO 5791.

With summer days here again we have reprinted this recipe for G. A. Page and for any other readers interested in making ginger beer. The recipe originally appeared in GR 52, p. 21.

GINGER BEER PLANT

- 8 sultanas
- juice of 2 lemons
- 1 tsp lemon pulp
- 4 tsp ground ginger
- 2 cups cold water.

Place all these ingredients in a screw top jar and leave for two or three days. In warm weather the mix should begin to ferment (it will start to look frothy) then each day for one week add two teaspoons ground ginger and four teaspoons sugar to jar. The plant is alive if it froths and actively bubbles soon after each addition. If it remains dormant you will have to start again.

Dear Grass Roots People,

I haven't forgotten you all, but a rather nasty fall from a horse put me out of the writing business for a while. Now that the physiotherapist has straightened my arm so I can use the typewriter, I'm back at the keyboard (but not in the saddle) once more. However, I did get first and third horse in the Melbourne Cup Sweep and won \$60.00 so luck isn't all bad.

First part of this year was taken up writing a 13 part children's mini-series which is to be filmed in the NT in April. Had a lovely trip to Sydney in July, negotiating sales for a screenplay and researching historical material for a further mini-series based on the life of William Groom, first mayor of Toowoomba. Then I decided to write a musical about his childhood, especially for young audiences, and this has just been finished. Now I have to find a good musician to write the music for it then market it. All part of the game.

Life for a writer is never dull, and I never seem to tire of it. 2 am is the quietest part of the day, and surprisingly, the time when I'm most creative. It's also daytime in New York, and it's handy to be wide awake when talking to producers in the Biggest Smoke where I market most of my stories.

I must try to get down to Melbourne in '88, even if only to compare it to Sydney and Adelaide. Sydney must be the friendliest place in the world — I do love the people there — just so helpful. Found myself at Pott's Point while looking for the airport. A cabbie said 'follow me', and put me on the right track within a few blocks. Where else would they do that I wonder? In two weeks, I only met two 'grouches'. Well done, Sydney!! Love to all.

Geoff O'Callaghan
8/10 Mardango Cres
BATCHELOR 5791.

Feedback Link-Up Feedback

Dear Grass Roots,

I would like to sound a couple of words of warning regarding the article 'How to Build Your Own 12V Power Station' in GR 63 (October 1987).

Near the end of the article the statement is made 'ALTERNATORS can be driven clockwise or counterclockwise'. Well although the shaft may rotate in both directions, it is absolutely dangerous to run the alternator in the opposite direction to that for which it was designed. This is because the fan mounted on the end of the alternator shaft near the pulley is designed to operate in one direction only. Use it in the right direction, and the fan pulls cooling air through the body of the alternator and thus cools it. Use it in the wrong direction, and little or no air will be drawn through the alternator, and very soon the alternator will overheat. This would be particularly important in the suggested configuration where no regulator is used, and the alternator is running at its maximum rating continuously, a thing it was never designed to do.

When buying second hand car alternators from car wrecking yards, I always ask for the regulator as well. They have always been happy to oblige and have never charged any more for it. It is also important to try to obtain alternators that use an external regulator, and not an internal regulator. The external regulator can be placed both physically and electrically near the battery bank that it is charging. It needs to be electrically near so that the voltage that the regulator senses is really that of the battery, and does not include other voltage drops from other currents in the system. It needs to be physically near the batteries because the fully charged voltage of a battery varies with the battery temperature, and most regulators have a temperature compensating circuit in them to account for this. If it is placed too far away from the battery bank, the regulator may not be at the same temperature as the battery bank and so this compensatory effect will be lost. In addition, the use of a regulator overcomes the 'drag' mentioned at start-up, as well as ensuring that if one forgets to switch off the switch when the motor is stopped, the battery will not be flattened by current flowing through the field winding.

Doug Rickard
5 Edith St
RED HILL 4059.

Dear Grassroots Readers,

Hello from sunny Qld! During the last 2 years, we have corresponded with over 500 readers, seeking more information on chlorophyll rich plants, also people sharing the many uses of aloe vera, and many other enquiries about herbs, seeds and edible plants. We feel that many people in Australia wish to be responsible for their own food source and health. Through *Grass Roots* magazine we share in this common interest and bond of friendship. This interest is also evident each month by the large number of people who join in the explanatory tours of our farm.

For those people who want to know if our HERB COURSE is by correspondence, the answer is no, this course is for locals, although the popularity of this practical course has drawn people from over 400 miles away.

Isabell Shipard
Box 66
NAMBOUR 4560.

Dear Grass Roots,

I am living on the outskirts of Sydney and I am crazy about gardening but I have my limits on a quarter acre. I have some RABBITS and they are all of different colour. But I am interested in CHINCHILLAS. If someone has information could they please contact me.

I am also interested in ELECTRIC INCUBATORS, and need more information on these too.

Les
SYDNEY 02 6715937.

Dear Megg,

I am writing to ask for information on MAKING AN INCUBATOR and how to care for the eggs once they are in the incubator. Also what times of the year can you set eggs for ducks, chooks, turkeys and geese? Thank you.

M. & C. Preston
8 Clifford St
TOOWOOBA 4350.

*Instructions for creating an incubator have appeared in GR 63, page 22; GR 57, page 39; GR 54, page 54; GR 22, page 47. A further suggestion is also included in this issue. Back copies of *Grass Roots* are available from Night Owl Publishers.*

Dear GR Readers,

In an effort to throw off a sense of isolation and possibly make contact with kindred spirits, after years of reading *Grass Roots*, I have finally decided to write in to feedback.

I am a 32 yr old Libran lady with a bold and bright 8 year old son. We have a piece of paradise up in the mountains of the Dorrigo Plateau where we spent the last two years struggling with home schooling, the vegie garden, planting fruit trees and getting the house started. We have a spring fed dam and a holding tank above the orchard. The footings are laid and a third of the bricks are made. But with only sporadic help the task has become too large for even a little dynamo such as myself.

So here we are in the city. Josh is at school and I am at work and after nearly a year, homesickness for the bush and a reasonably healthy savings account are making me very restless. But I feel held back by fear and despair at never being able to complete my house and educate my son alone. I would love to hear from any other SINGLE PARENTS going it alone, interested in alternative schooling and adobe brick building.



Niamh Twohig
C/- Yammacoona
PO Box 99
DORRIGO 2453.

Hello to you all,

Firstly we would like to thank Megg and all others who contribute to this most useful publication. Secondly THANK YOU TO LEIGH (?) who lives at a subtropical orchard somewhere near Grafton. Leigh wrote to us earlier in the year in reply to a letter that we had published in the April issue of *Grass Roots*. Leigh your letter was accidentally thrown into a fire, so we lost your address. thank you for your invitation. We hope that you see this letter, or else, if anyone reading this knows Leigh, please pass the message on to her/him. We wish everyone peace and happiness for the new year.

Helen, Dave, Jay & Eli Letham.

Dear Grassroots,

I have a few comments to make about 'Having the power connected' written by a Doug Wynter in the October issue. I'm writing mainly about your suggestion of USING A COPPER FOR WASHING. I would like to ask you the question, have you ever used a copper? Or have you just watched your spouse? I used a copper for a period of 5 months. I have one child who is a year old, a husband and myself. It was a waste of precious time. I would like to suggest a more practical way of doing the washing.

My suggestion is to acquire an old wringer washing machine and mount a lawn mower motor on the side to drive the washing machine. We suggest a 4 stroke motor for longer life.

Mark & Jacinta Young
525 Belmont Rd
BELMONT 4120.

Jacinta and other readers may like to turn to p. 33 of this issue to read about another alternative washing machine idea.

Dear Inventive Readers,

At the moment, I am gathering together items so that I can make myself a TIPPING TRAILER, just for farm use, no bigger than 6' x 4', because, getting older all the time, and always having to move soil or manure (I get that free from a horse stud), shovelling it in and then later having to shovel it out again, is sometimes: argg!! So, could some of all you inventors, please help me with ideas for such a contraption. But not the one with a release pin, where the whole load drops in one place, I need progressive dropping of the load on the trailer.

I remember years ago, when I didn't want it, that I saw a way of doing it with a large hydraulic bottle jack, but that way will possibly be too costly. Are there ways of using a hand winch or some lever system? I have an old starter motor (Ford) — can it be used in some ways? The total weight to be lifted will be under one ton. If some of you helpful people in 'GR Land' could come up with ideas to help out, I will then forward all your little drawings to the magazine, for possible publication, for everybody to learn from — if that's OK!!

Steen Steenstrup
MS 279
GUNALDA 4570.

Feedback Link-Up Feedback

Dear People,

In October Feedback, West Australians were asking for help with WHITE ANTS and kangaroos. Around the house only prevention seems to work. Steel posts with ant capping or old ant bed and keeping the plants away from the house base, and do not bring in white ant infested wood, not even for burning. Creosote every year will kill off everything and discourage them. In the yard, numbats and echidnas eat white ants. For numbats, provide natural or artificial nests, hollow trees or logs, in places and close enough to allow them to escape dogs and cats, and foxes. Have plantings of white gum, tuart and dryandra type foliage to encourage them and allow access to larger bush land. Echidnas need bigger hollow logs and lots of bush and undergrowth, but they have a wider range and better survival chances.

To discourage the KANGAROOS, fresh human and dog excreta and urine near the usual entry to the property and along their pads will put them off. Also the socks and shirts worn today, hung to windward to protect a vegetable patch. Must be fresh sweat, they are used to stale human odours, so change them every evening. Better still, plant some extra feed, mixed grains and clover, around the edge of the bits you do not want eaten or in an alternative place. In the old days, you always provided for the gods.

The lady with the PERMACULTURE GARDEN and SNAILS needs a bob tail goanna or some ducks, best to have both. The goanna, (*Tili-something Rugosa*) will need rocks and/or hollow logs otherwise he might burrow where you do not want him to. You will need to knock down the climbing snails for him and provide a micro-climate of warmth or he will sleep too much in winter when the snails are most prolific. If you feed him bread-and-milk and eggs or raw meat he will come when he hears you and then you can put him where you want him most. He will eat some of your garden so wire him out of the seedling areas temporarily and allow for some tomato, lettuce etc losses. He loves roses.

With the ducks: — if the mother duck is friendly then the ducklings will be. If not, take some eggs two or three days before hatching and keep them with you. Ducks bond to the first moving thing they see. Keep them with you until mature, in a box or crate when in 'clean' areas as ducks are congenitally incontinent. Feed them on bran mash and take them into the garden every day. They will eat insects or anything they can catch or reach from birth. Raised beds are especially good for ducks because if mother did not teach them to jump or fly and they are not frightened, quite low barriers will stop them. Otherwise bits of wire reinforcing mesh will keep them in or out of areas and it is easy to move. If you water the garden first, the ducks will follow you into it and you throw them any snails or slugs you find that came out with the watering.

When you want to eat the young drakes, feed them bran mash with sage, thyme and garlic, onion or spring onion tops for three days, when penned up. It makes cleaning them more pleasant. If you keep them on that feed for longer you can taste the difference. You could always eat the snails yourself. A French lady told me — keep them on damp bran for three days, changing the bran twice daily. On the last day add brandy butter to the bran. Cook and serve in the usual way. I don't fancy it myself, but then I do not like brandy.

Thanks for all your help and information over the years.

3 star pickets

3 ft high 2 in builders mesh, it is flexible so with more pickets you can make it almost any shape

cloth on the bottom if necessary for wind or frost protection

B. M. Mansfield
177 Whatley Cres
MELTHAM 6053.

Dear GR Readers,

A remedy I have found invaluable for the DRYING UP of excessive mucus in COLDS and flu, and which also relieves sinus problems, is Honey Capping. This is the caps sliced off honey comb to allow the honey to flow out. You take a large teaspoon and chew it like chewing gum for 20 minutes, then spit out the wax. Do this 4 or more times a day. If you keep it up for about a week, it will keep colds away for years! (I know from personal experience.) Also good for hay fever.

Marja Fitzgerald
UPPER MONGOGARIE 2470.

Dear GR Readers,

I wonder if any readers are interested in a garlic spray which is effective against snails, aphids, codlin moth, white butterfly, caterpillars and wireworm.

GARLIC SPRAY

90 g (3 oz) chopped garlic
2 tsp mineral oil or liquid paraffin
Soak the above for 48 hours. Now add

1 pint water

30 g (1 oz) pure soap

Filter mixture and store in a plastic container. To dilute, use 1 part solution to 99 parts water. Strengthen if necessary.

Liz Sinnamon
22 Fairmeadow Rd.
NAMBOUR 4560.

Dear Megg, David and GR Readers,

Thanks heaps for a great magazine. You have helped so much in adjusting our lifestyles to good healthy living. I am hoping someone can help me with a few requests, I am doing a herb garden and was wondering if someone knows some good old home remedies for TICK BITES, NETTLE STINGS and ECZEMA of the head of a child? And does anyone know of a good herbal massage oil for a sore back? Love and peace to all.

Barb Catley
C/- PO
WINGHAM 2429.

Dear Readers

There are two things we are wanting to know if someone can help us with. First how to get rid of white ants using natural substances. We need this information in a hurry otherwise we will have to get the Flick man in and we don't want to do that.

Secondly, does anyone have plans for a toy car run by electromagnetic power? These were advertised in *Post* magazine a few years ago.

Bill & Christine Priest
'Wattle Rise'
ALBERT 2873.

Dear Grass Roots,

I work for a PLANT GROWING area of CSIRO and am trying to get the Division to turn over to less toxic methods of pest control. Any contacts or information you may know of regarding both NON-TOXIC INSECTICIDES and/or BIOLOGICAL CONTROLS, or other methods would be greatly helpful.

If you know anything about eucalyptus insecticides, their uses and recipes and where to get such things as bulk eucalyptus oil, it would be appreciated.

Chris Line
PO Box 507
DICKSON 2602.

Dear Friends,

With the world being in such unstable turmoil, with normally genteel folk having forgotten how to freely share and care for or love their neighbour, with ever diminishing resources being converted into grossly polluted environments; with an education system divorced from teaching us how to grow, fix and make things; with armaments sapping all our strength and fears; with governments growing daily more extreme, corrupt and devious in forcing us to be dependent on them; with our freedoms, rights, space, time, privacy, options, movement, responsibilities, justice, awareness, peace, survival and privileges whittled down to a thin veneer of their full potential, we figured this twisted old world was long overdue for an annual INTERNATIONAL SELF RELIANCE WEEK or even year of the self reliant. These would be highly practical event concepts, actualising a vast pool of potential from the individual through to the local neighbourhood on to ever larger community groups, until artificial international boundaries are dissolved, when authorities will become more redundant, when folk are better able to stand unsupported and infinitely more responsible for their own environment — especially through the ingenious use of cottage industries, edible landscapes, wild life, renewable energy, data, recycling and bartering of skills or products.

Simple optimal answers to all the worlds' problems are known. It now only remains for us to find and apply them as soon as possible. Anyone with similar ideals and practical ideas for such a massive ongoing exchange festival please do feel free to contact us.

Dr P ffyske Howden
Backyard Tech
Con St
MACLEAY ISLAND 4165.

Communal living and the sharing of social and economic resources have always been part of the GR ideology and whilst the majority of readers do not go on to pursue such a lifestyle they will have spent considerable time investigating this alternative way of living. And two issues always come to mind — can it work and can it last? Over the years numerous co-operatives have been set up around Australia, one of the most well known and long lasting being Moora Moora at Healesville, Victoria. Their manifesto 'Blueprint for a Community' in the early issues of *Grass Roots* described a social environment most of us would give our eyeteeth for — but thirteen years later where is it all at? Is there now a viable cooperative alternative to sad suburbia?

MOORA MOORA COMMUNITY A Success and a Failure

by Dr Robert Rich, Healesville, Vic.

The Moora Moora Cooperative, near Healesville, Victoria has been going since 1974. Its history is like the path of a river. There is an identifiable start with a particular group of people, but others have joined, in groups and individually, like tributaries.

The original source was the members of a commune in Kooyong, a Melbourne suburb, including Peter and Sandra Cook. In 1972 Sandra chose 'Moora Moora' as the name for their dream and they looked for others to join them. Peter gave a public talk at a Humanist Society meeting, and was approached by a second, already formed group with very similar ideas. They got together, and hammered out a common philosophy over many weekly meetings.

Their concern was to build a better world. They reacted against the alienation, impersonality and violence of society, the uncaring greediness of consumerism, the rape of our planet. They wanted to pioneer a lifestyle in which a person could be self-reliant, cooperative, caring, grounded in the real world of nature, a rounded personality rather than a specialist. They wanted to risk all their possessions in pioneering an experiment in living. This group, with some additions, bought land near Healesville in late 1974. The land was larger, and further away from the city, than originally envisaged, but turned out to be perfect for the purpose.

I also started to question society in 1972. At that time, I did about six months of library research on futurology: current world trends and where they are leading. This research changed my life and my wife Jolanda and I started looking for others who shared our new world view. The result was that we came across Moora Moora in early 1975. We joined a year later, and moved onto the Cooperative's land in 1979. At that time I took a year's leave without pay from my well paying, secure job as a research scientist at the CSIRO, in order to start building our house. After a few months I knew I could never go back. Physically, mentally, emotionally the self-reliant, low consumption lifestyle we adopted was too enjoyable to give away for mere money. We felt we were saving some of the future for our children, and the simpler lifestyle was an enjoyable bonus.

Moora Moora was an exciting place in the early days. You had to be an idealist, a dreamer, a theorist — but also a practical person: builder, peasant, engineer. There were a lot of tensions and animosity, because there were competing views about the direction the Co-op should take, and these were focused around two strong personalities. The differences were resolved in a major split: eight members left in a bloc.

The remaining group was strengthened in the process, forming bonds of comradeship and mutual appreciation. A rapid succession of new members joined at this time, mostly attracted by this strong community feeling.

The physical aspects of Moora Moora grew slowly at first, but each year it was possible to build on what went before. Roads, water system, fences, renovation of the existing buildings (used as temporary accommodation, and as Co-op facilities) and, most noticeably, the building of an increasing number of houses by the members, transformed the property from a farm into a community.

The highest point in the Co-op's existence came in 1979, when the SEC forced a power line through our land. We had delayed this project by 2½ years through legal means, but now the bulldozers were coming. We had no wish to connect on to mains power. Instead, we wanted to be self-reliant and to provide our own power through the wind and the sun. We wished to avoid the consumerist trap: it is easier to waste power if the consequence of wastefulness is a higher bill every three months. When you generate your own, overuse will get you into trouble almost immediately. Of even more concern to us was that the neighbouring properties were (and are) ecologically fragile. Up to that time, most of them were undeveloped. The few residents of the mountain were ecologically conscious people, but most of the blocks had owners who thought of them as investments. We knew that the provision of power would lead to a rash of inappropriate, damaging development, on a mountain which was classified as of high landscape and ecological value. We wanted an environmental effects study, and controls on inappropriate development. We used non-violent resistance, and many of us were arrested.

We lost that fight. The power came through, and the inappropriate development has occurred exactly as we predicted. However, the effect on Moora Moora's morale was very positive. Also, we became nationally known, and added our influence to that of the rest of the conservation movement in changing the world-view of many thousands of people. In a small part, it is due to this episode that the conservation vote is now significant enough to affect Federal elections.

Ideological commitment has been going steadily downhill since then. After the intense emotional tension of the SEC fight, all we wanted to do was to get back to living: building our houses, growing food, raising children, organising and running our school, earning money (mostly through jobs

outside the community). Questions of theory became boring: who wants to talk over the same issues with the same people, time and again? New people joined. They joined the group as it was, for what it was. So, many older members lost sight of the reason Moora Moora came into existence, or took it for granted. Many newer members were never exposed to these ideals in any depth. They joined for a variety of perfectly good reasons (commitment to education through the community school, love of the beautiful land, the warmth and acceptance they found within the community). However, the nett result was that as Moora Moora grew as a real, cohesive, warm community, it degenerated as a social experiment, as an agent for change, as a political statement.

So, in one sense, Moora Moora is a spectacular success. We have succeeded in moulding a diverse group of strangers into something like an extended family of brothers and sisters, cousins, uncles and aunts. Like a real family, some people are closer to each other than to others. There are close friendships and enduring dislikes. But we are all significant to each other. And everyone pitches in if someone is in trouble.

But, in another sense, Moora Moora is a sad failure. Though a few members have maintained their ideological commitment, the community as a whole can scarcely be considered as part of the alternatives movement. Child minding during meetings is typically by means of a video. There are trailbikes on the property, cutting up roads, paddocks and walking tracks. Some of the teenage boys roar around in a paddock bomb. There is hardly any organised

Right: Members of the co-op working together in early '86, pouring cement for a cellar floor.



Co-op children collecting kindling for a barbecue. Disappointingly, many of the leisure activities pursued by the children are very mainstream and include videos, trailbiking and driving an old bomb.

cooperation left — even the regular work-swapping groups have disintegrated. Personal convenience is paramount. For example, members can't get their individual shopping trips coordinated to enable them to go down together in the school bus. Instead, each goes down in his/her own car at all sorts of odd times. There is difficulty in filling the Co-op's positions of responsibility. And, as a last straw, serious proposals have been made to connect to the SEC.

So, Moora Moora is still a great community to join, but not for the kind of people who started and developed it. If you want to be part of a caring, nice, interesting, independent group of people who will place few demands and restrictions on you, try Moora Moora. If you like living in the bush, with access to farm land, with beautiful views, and not too far from Melbourne, you'll find these at Moora Moora. If you have little money, Moora Moora may give you an opportunity to find a building block (current cost of shares for a couple is about \$16,000, as against \$40-\$50,000 for nearby 10 acre blocks).

But if you are concerned about the world we live in, and wish to change it by changing your life, you might as well make the changes wherever you live now. There is now more pollution, more ripping off of resources, more violence, alienation, you name it, than there was in the 70s. There is more need for people to get off the treadmill of pumping the

economy around, to simplify their lives, to work for a nuclear free, sustainable future. It is possible to do this at Moora Moora, but no more so than in Carlton or Bondi.

So, what are the lessons from this? Are we so much creatures of our culture that attempts at alternatives are bound to revert to the norm? Will any intentional community eventually become just another suburb?

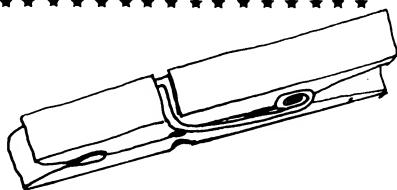
I still have hope. I still believe in the original ideals of Moora Moora and of the movement it is a part of. The only hope for the future of our children, and for the generations to follow them, is that we can halt the mad race to convert all the world's resources into pollution and garbage. I believe that it is possible to design a lifestyle which satisfies all the basic human needs, yet treads lightly on our planet. Among the most important of the needs frustrated by modern society is the need to be a significant person in a small, cohesive group. This is the belief underlying the formation of intentional communities like Moora Moora. I still want to build a better world, by learning to transcend our culture and learning to live cooperatively.

I hope that others can learn from the success and failure of Moora Moora. It is encouraging that people can succeed in forming a cohesive community. It is a pity that the initial drive and motivation got lost on the way, but I don't think this was inevitable.

Articles on the aspirations and early struggles of those who began Moora Moora appeared in GR 4, 5, 7 and 9.



THE VERSATILE PEG



As you peg out your washing on the line do you ever think what a superbly useful little gadget you are using?

Out of season and not too heavy shoes can be stored by pegging them together and hanging them with string through the peg from one of those wire hangers.

Lampshade makers will find clean plastic pegs ideal for holding the material to the frame before stitching, or stiff materials to the frame after stitching, or stiff materials to the frame after stitching.

Deepfreeze owners can use wooden pegs (plastic break easily when frozen) for holding together the tops of large batching bags holding smaller bags.

In the garden they will; hold netting to supports and stems of climbing plants to their supports — but make sure the stem is much smaller than the gap in the peg or you'll strangle them!

In the kitchen a supply of pegs hung from a cord can be used to hold paper bags, tea towels, dusters, recipes cut from magazines, scrap paper for shopping lists. A peg dangled from a long string from a beam or other high support can hold a message from the family that cannot be missed. When cooking clip a large open plastic bag near you and if the phone rings when you are wet/sticky/greasy you can put your hand in the bag and then pick up the phone.

Reprinted from *Country Market*.

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The D.T.E. Collective.

A SMALL HYDRAULIC PRESS

by Nev Sweeney, St. Clair, NSW.

Having read a previous article in *Australian Survivor* magazine on making a small hydraulic press I decided I needed one. So taking my welder, bench drill and other tools in hand, not to mention a modicum of steel I had put away, I proceeded to construct one. At this point it is worth making two points clear:

1. This is the way I did it, using available materials, so anybody else should look at the basics, then at their stocks before ordering in 3000 tonnes of mild steel.
2. The press is probably overdesigned when used with a 10 tonne jack, but the steel was all on hand.

The press consists of the following parts:

- a. 2 uprights — consisting of 150 x 75 mm (6 x 3 in) channel.
- b. 2 spacers used at the bottom to separate the uprights, consisting of 64 x 25 mm (2½ x 1 in) angle.
- c. 2 feet — to stop the press falling over during use — consisting of 75 x 75 mm (3 x 3 in) angle.
- d. The table consisting of 2 lengths of 50 x 100 mm (2 x 4 in) channel joined by 2 lengths of 25 x 25 mm (1 x 1 in) angle.
- e. The pins on which the table sits — 16 mm (5/8 in) bar.
- f. The moving member which does the work — 50 x 100 mm (2 x 4 in) channel with 25 x 25 mm (1 x 1 in) angle welded on to stop it flopping about and a lump of 50 mm (2 in) bar welded on to push with.
- g. The top brace which the jack pushes against — 100 x 100 mm (4 x 4 in) RHS.
- h. The bit which applies the pressure (to be discussed later).

All the bits were cut with an oxy and the rough ends cleaned up with a 100 mm (4 in) angle grinder. It was assembled as follows:

The uprights (which seem to weigh a tonne!) were marked out and drilled with 21 mm (13/16 in) holes 150 mm (6 in) apart to take the pins which support the table. One hole was drilled on each 75 mm (3 in) face of the upright so that the table sat flat on the pins when the press was assembled. Ten sets of these were drilled in all to allow the height of the table to be varied. The 21 mm (13/16 in) sized holes were used to allow the easy placement of the supporting pins. (Also it was the only size drill even roughly right that was available at the time.) When this was accomplished using the bench drill (I'd hate to try this with a hand drill) the top brace was bolted to plates welded at the top of the channel, the uprights lined up and the spacers welded in, keeping the whole assembly upright and at 90 degrees to the floor. The feet could now be welded in to prevent the press falling over.

The next step was to insert the pins into a set of holes in the uprights and place on the 50 x 100 mm (2 x 4 in) lengths to form the table, and the 25 x 25 mm (1 x 1 in) angle welded on to the ends (forming a box going outside the uprights). This is then hopefully level and movable. The movable member then has 'the bit that pushes' — a lump of 50 mm (2 in) mild steel bar — welded to it and then some 25 x 25 mm (1 x 1 in) angle welded to the ends which curve around the uprights and hold it steady. This can then be fitted in between the uprights and

suspended by attaching springs between it and the 100 x 100 mm (4 x 4 in) RHS top brace.

Now comes the bit that does the work, the hydraulic bit that applies the pressure. This can be one of three types:

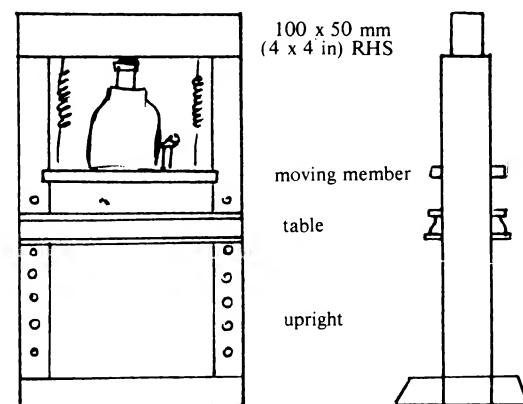
1. Conventional hydraulic jack
2. Upside down hydraulic jack
3. Hydraulic pump and ram (Porta Power, Blackhawk, or something similar)

The conventional hydraulic jack is cheap, easily available and versatile. It can also be used to jack up vehicles. The upside down jack is more expensive and virtually useless for anything else, but it does allow you to do without the moving member and springs, as the pressure is applied directly by the jack. The hydraulic pump and ram also has this advantage and is very versatile, but even secondhand can be three times the cost of a new jack for the same pressure.

I chose the first option but rather than buy just a jack I bought a hydraulic pipe bender at approximately twice the cost. This gave me two tools for use and a jack that can be used on its side (many hydraulic jacks can't be), so I can build it into a hydraulic log splitter. In all it gives me a very versatile hydraulic, hand-operated, power source. Considering my likely uses and the current costs, I chose a 10 tonne capacity as the size of my power plant, but this is a personal choice.

The press was completed just a few days before one of the bearings in my car alternator gave up the ghost (very noisily). Instead of having to buy a new or reconditioned alternator I dismantled it, pressed off the bearings, then for the princely sum of \$12 I replaced both of them. It was then a simple matter to press them back on again and whammo! A virtually new alternator, as there is little else apart from the brushes to wear. So my press has started to pay for itself already.

My home-made hydraulic press



N.B. The springs which hold up the moving member and drag it back up after pressing have to be pretty hefty, the weight being (for my effort) in excess of 25 kg. I was unable to find springs heavy enough to do the work but had them made by a local manufacturer for the enormous sum of \$10 apiece!

This article first appeared in *Australasian Survivor*, May 1987, PO Box 11, Dickson 2602.



We included several articles on handmade gifts so readers would have plenty of time to prepare for Christmas. This issue we include more — a fine array of stocking fillers. On page 34 there are a variety of ideas and below we have a range of gifts suited to those with minimal handcraft skills.



Wonderful Christmas Gifts

by Gilli Sinclair, Pt Chevalier, Auckland, NZ.

I have made my own Christmas gifts for many years now, providing an inexpensive but delightful and meaningful alternative to commercially available gifts. Here are a few of my favourites.

SCENTED GIFTS

Sleeping Pillow

Make a small bag from natural materials (silk, cotton) by sewing three sides, leaving one open. I usually make my pillow about 15 cm (6 in) square, however, any shape you choose will be fine. I often batik my material to add a more personal touch. Add several teaspoons of any of the following (mixed together): dried lavender, chamomile, violet leaves, rosemary, vervain or costmary. I also add a few drops of essential oil to encourage the scent. Sew the final seam and your gift is complete.

Sandalwood Washballs

1 cake oatmeal soap
1 tbsp powdered sandalwood (or herb of your choice)
1 tbsp orris root powder
2 tsp baking soda
10 drops sandalwood oil
5 drops orange oil
5 drops rose oil
2 drops patchouli oil

Interchange any of the oils and herbs with others of your choosing. Finely grate the soap and mix with the other ingredients. Pound together between your palms to form small balls. Dry for several weeks before use. These washballs are lovely to use and make unique gifts on their own, or as part of a matching set.

Orange and Coriander After-Bath Splash

2 tsp coriander
1 tsp cloves
1 pinch nutmeg
5 drops vanilla essence
10 drops lemon essence
10 drops orange oil
2 tbsp vodka

Combine all the ingredients and store in an airtight container. After a week, strain several times through muslin and pour into your sterilised container. You can alter any of the ingredients to give the perfume of your choice.

Soap Gloves

1 cake soap
2 tbsp orris root powder
2 tbsp oatmeal
2 tbsp herbs



Attractive packaging makes a handmade gift even more special.

Grate the soap finely and add to the other ingredients. Select your herbs on availability, preference and their individual properties. I use lavender, rosemary, peppermint, chamomile, thyme, sage and elderflowers — all easily grown or available through most health food shops, and all beneficial to your skin. Shake your mixture and pour a tablespoon into a piece of cheesecloth or muslin and tie or sew it to prevent the ingredients falling out. Use instead of soap and flannel in your bath or shower. This is a great gift for anyone!

Exotic Cream Perfume

1 tbsp wax
1 tbsp sunflower oil
1 tsp essential oil

Choose your essential oils from your available selection of perfume oils. If you wish to purchase or make your own perfume oils, I recommend any of the following: sandalwood, ylang ylang, orange, rose, jasmine, or frangipani. Choose your oils depending upon the taste of the person you are making the gift for. Melt the wax and sunflower oil in a double boiler (a pot tightly fitted inside a second pot containing boiling water so that your ingredients get heated without direct contact with heat). When the mixture is melted, add your chosen perfume oils and allow to set in a sterilised open-mouthed container. This perfume can also be left open to allow the scent to drift around the room.

Drawer Scenters

These are a delightful gift for people who are usually difficult to shop for. Choose a scent depending on the receiver's preference — lilac, rose, sandalwood, citrus, lavender — and interchange the oils as you choose.

4 tbsp dried flowers, petals, peels
½ tsp orris root powder
5 drops essential oils

Mix the ingredients together. Make the drawer scenter bag by sewing three sides of a small piece of natural material (about 5-8 cm/2-3 in is the desired completed size). Add your mixture and sew the remaining seam. Add ribbons or dried flowers to the outside or add a tie so the scenter can be attached to a coathanger instead. The scent from this bag will waft slowly through drawers or wardrobe, leaving the user's clothes smelling subtly of your chosen scent.

Spice Perfume Beads

2 tbsp ground orange peel
 2 tbsp ground lavender flowers
 2 tbsp ground sandalwood
 2 tbsp gum arabic or tragacanth mucilage*
 1 tbsp orris root powder
 1 tsp ground cloves
 1 tsp ground cinnamon
 1 tsp ground mixed spices
 1 tsp ground allspice
 1 tsp lavender oil
 1 tsp sandalwood oil
 1 tsp orange oil

Grind all of the dry ingredients together. Make a mucilage* by mixing a teaspoon of ground gum in a cup of water and adding 10 drops of tincture of benzoin to preserve. This is best if prepared a day in advance. Combine all the ingredients and mix to a paste. Oil your hands and roll the mixture into balls, cubes or your desired shape. Place on waxed paper and leave for several hours. Lubricate a needle with oil and thread with oiled, extra strong thread. Store in a dry, dark place for at least a week.

Herbal Eye pack

1 tsp eyebright
 1 tsp fennel seeds
 1 tsp chamomile flowers

Combine the herbs by shaking and store in an airtight container until you wish to use them. To use, steep one teaspoon of the herbs in two tablespoons (about $\frac{1}{4}$ cup) of boiling water. When cool, strain several times through muslin, pour onto cottonwool pads or eye packs and place on closed eyelids for up to fifteen minutes. These packs are excellent for when your eyes are sore, tired or strained, and so are an ideal gift for someone who does a lot of studying — or crying!

After Shave Lotion

2 tbsp witchhazel
 2 tbsp rosewater
 2 tbsp lavender flower water
 2 tbsp orange flower water
 2 tsp aloe vera

Mix your ingredients by shaking well in a sterilised container. This after shave is excellent for your skin, containing only ingredients that are known to be beneficial to you. It has a subtle scent which can be altered by adding other flower waters of your choice.

Bath Oils

120 ml sunflower or safflower oil (cold pressed)
 15 drops essential herbal oils

Combine your oils by shaking in a sterilised container. You can create wonderful mixtures of perfumes and scents by experimenting with the essential oils. Design your own labels and give a unique and useful gift.

Peppermint Mouthwash

1 tsp peppermint leaves
 1 tsp thyme
 4 tbsp brandy

Mix together the ingredients and store in a dark bottle for two weeks. Strain several times through muslin, then rebottle. Remember to spit it out after use or you'll have more than a mouthwash!



A Novel Knitting Idea

Christmas Stocking

Requirements: Scrap wool,
 4mm (No 8) needles



Cast on 30 stitches, knit 3 rows.

4th row: K.11 K.2 tog. K.4 K.2 tog. K.11
 5th row: K.10 P.2 tog. P.4 P.2 tog. K.10
 6th row: K.9 K.2 tog. K.4 K.2 tog. K.9
 7th row: K.8 P.2 tog. P.4 P.2 tog. K.8
 8th row: K.7 K.2 tog. K.4 K.2 tog. K.7
 9th row: K.8 P.5 K.7

Knit 20 rows garter stitch on these 20 stitches. Change to contrast wool. Knit 2 rows. Purl 1 row. Knit 1 row. Purl 1 row. Cast off. Leave about 30cm of thread to crochet a loop, then sew up.

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How Do You Cope With Overindulgence?

by Blackmores Communication Service. Sydney, NSW.

At this time of the year, it sometimes seems impossible to avoid that extra drink, a few more snacks, a heavy lunch — or all three!

Over-indulgence takes its toll in many ways . . . the obvious result is extra weight, where you need it least. However, there are many other effects which your body has to tolerate invisibly. If your metabolism cannot cope, the result may be poor health condition — if not immediately, then a few weeks or months later — on top of the short term after-effects, which are bad enough. So if you simply can't say 'no' to those seasonal extras, educate yourself to prime your body nutritionally, to offset your metabolic overload.

WHAT TO AVOID

Alcohol

Alcohol is processed in the liver by an enzyme which requires vitamin B1 to work effectively. If your diet is inadequate in the B-group vitamins, the liver detoxifies the alcohol less efficiently, so your intoxication is stronger and longer, which is bad news for you and your liver.

Drinking alcohol also places higher demand on your nutritional resources of magnesium and zinc. Long-term deficiencies in magnesium can adversely affect your heart and your nervous system and a lack of zinc has a variety of effects, including loss of taste and the possibility of brittle or falling hair. Whilst you may feel you enjoy a temporary lift from drinking alcohol, it is actually a depressant and is more likely to give you longer term 'blues'. Excessive alcohol consumption may also lead to dehydration, which is a worse risk at the height of summer.

Sugar

Refined white sugar has no nutritional value and is often termed 'empty' calories. Some sugar may be helpful if your diet is otherwise deficient in fuel, but this is unlikely if you are eating normal meals. (Remember that alcoholic drinks have a high calorific value too.) Too many calories, particularly when you do not exercise regularly, will lead to extra fat deposits. The problem is not the sugar you add to your coffee or tea, but the 'hidden' sugar in soft drinks, some commercial fruit juice drinks, cakes, biscuits, jams and sweets. You need extra B-group vitamins to metabolise higher than average sugar consumption (think of all that summertime ice cream) particularly vitamins B1, B2 and B6, from dietary or supplementary sources. So you can see that your summertime appetite for sweet ices and drinks and your festive splurge on cakes, puddings and rich sauces will place more metabolic demand on your resources of the B-group vitamins, at the very time when you need them most.

Rich Food

A diet which is very high in protein, fat and refined carbohydrate (without sufficient roughage) also takes its toll of your digestive system, requiring extra vitamins, particularly B1, B2, B3 and B6 for adequate metabolism. Since the B-group vitamins are water soluble and affected by heat, overcooked meals may well be deficient.



Cigarette Smoking

For every cigarette you consume, you also deprive your body of about 25 mg of vitamin C which is oxidised. If you are a non-smoker in a smoke-filled room, you will lose a similar amount of vitamin C, for every five cigarettes your companion consumes. Vitamin C is also water soluble and oxidises when exposed to heat or light.

HOW TO PROTECT YOURSELF

The body does not store the B-group vitamins or vitamin C, so daily dietary sources are essential.

The Importance of B-group Vitamins

Deficiencies of some or all of the B-group vitamins may lead to emotional or nervous difficulties, such as depression, insomnia, and muscular pains. In the case of B6, premenstrual tension and oedema (fluid retention) are possible.

Remember also that long-term use of antibiotics may destroy naturally occurring bacteria in the intestines which normally aid the assimilation of B-group vitamins. This is best restored by eating natural (acidophilus) yoghurt which is unpasteurised. You may be able to buy this as a nutritional supplement to help aid digestion. Other good food sources of the B-group vitamins are whole grain foods such as muesli, whole wheat or rye bread, mushrooms and yeast extract, or brewers yeast.

The Importance of Vitamin C

Controversy surrounding vitamin C may have confused the basic facts. Vitamin C aids in the oxygenation of tissues and is important to tissue integrity, so deficiency, from whatever cause, may contribute to premature aging of the skin, bleeding gums and loss of elasticity in cartilages and veins. This is in addition to the theoretical improvement of the body's natural system.

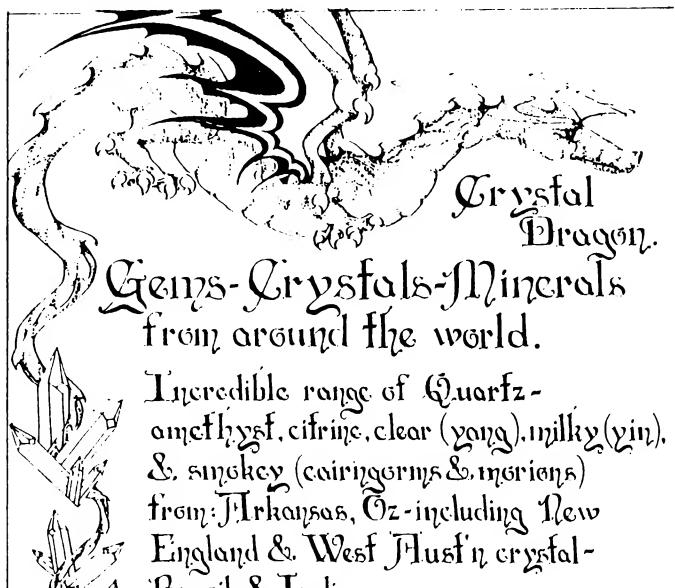
Good food sources of vitamin C are fresh citrus fruits, capsicum and parsley and the tropical fruits such as paw paw and pineapple. (But remember that heat and light destroy vitamin C, especially after fruit is cut and exposed to air).

CHECK LIST FOR COPING WITH OVERINDULGENCE

- a. Exercise regularly in the fresh air and sunlight, to improve your aerobic fitness.
- b. Eat regularly, including a balanced amount from the basic food categories: meat or fish; dairy foods and eggs; vegetables and fruit; whole grain cereals and bread.

- c. Fresh is best.
- d. Drink plenty of pure liquids daily, especially in hot weather, preferring whole freshly squeezed fruit juices, mineral water and herb teas.
- e. Avoid 'empty calories' in sugary, over-refined snacks, rich sauces, fatty foods and salt.
- f. Plan to sleep to a regular pattern (take catnaps if you can't avoid several late nights). Lack of sleep is physically draining and may make you feel edgy.
- g. If you are unable to follow these recommendations, you may find it helpful to supplement your diet with vitamins and minerals, especially the C and B-group, according to directions. Choose a supplement of high potency vitamins and minerals, in a sustained release base of vegetable gums which digest slowly over several hours, simulating the process of food digestion and allowing the release of key vitamins at the normal absorption site within the body, including the intestines. This is especially important in the case of the B-group and C vitamins, which are water soluble and may otherwise be prematurely excreted, which is evident in the urine.

Information courtesy of Blackmores Communications Service, 23 Rosebery St, Balgowlah 2093. Blackmores produce a wide range of vitamin and mineral products, based on natural herbal ingredients, which are available at health food shops, some chemists and supermarkets.



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Another Fridge Incubator

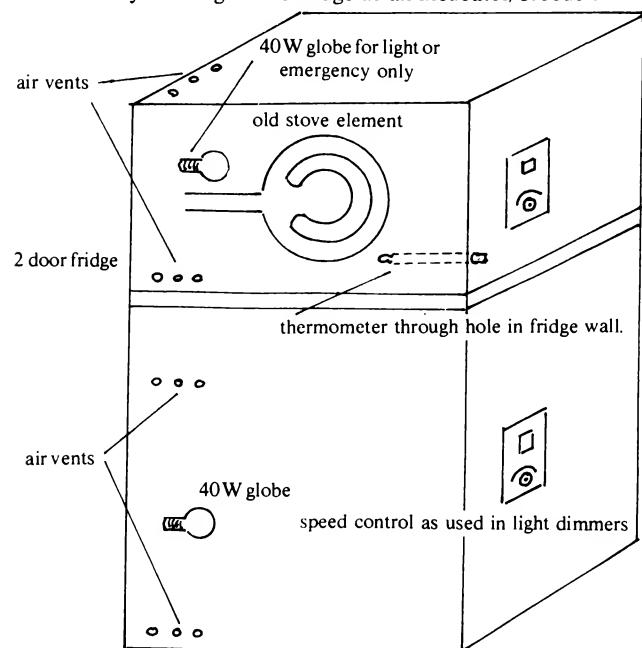
by K.Drazic, Cardup, WA.

Ross and Julie Hannaford of Pacific Palms had an article (GR 63) about using an old fridge as a incubator. I have used one for years with the modifications shown in the sketch.

The cost of a speedsetter is about \$23 but it guarantees a steady temperature. With a thermometer which can be read from outside without opening doors, adjustments to temperature are easy. The bottom half can be used as a brooder: it has a small opening cut into the side, with a sliding door leading to an enclosed run outside for when the chickens grow a bit bigger.

And there's a bonus. As a home brewer I was always looking for a good spot to brew, now if there are no chickens in the bottom half I use it for placing my brewing vessel and keeping it at a steady 28°C (82.4°F) no matter what the outside temperature is.

Another way of using an old fridge as an incubator/brooder.



For incubator use: TOP cabinet used with element to give correct temperature through speedsetter.

For brooder use: BOTTOM cabinet with 40W globe and correct temperature through speedsetter.

HANDY HINT

For a faster working carpet sweeper, dampen the brushes of your sweeper before using. It will then do a much better job of picking up lint or other specks of dust.



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HOW TO COVER A TORN AND TATTERED BEACH UMBRELLA

by Jose Robinson, Wild Cattle Island, Qld.

For those people who spend a lot of time by the sea, a beach umbrella is a must. With the thought of skin cancer ever looming over us, in our sunny Queensland climate with its wonderful long hot summers, a good beach umbrella is part and parcel of our basic equipment.

For mid-day outdoor luncheons in the garden or barbecues, a beach umbrella or two to make extra shade for both the cook and diners is rather a necessity. Hence our beach umbrellas get rather a lot of hard use, and become faded, torn and tattered after a few years.

As long as the frame is still in good condition, a re-cover job is quite simple to do.

First of all, open up the tattered umbrella fully, and rest it on the floor. No need to use the extension shaft. With a pair of sharp scissors, cut out one segment of the old umbrella cover. Cut as close as possible to the seam. You now have a triangular piece of cloth with two sides of identical length. The third side may have a scalloped flap. This is to be your pattern to cut the new cover by.

Count the number of segments of the umbrella. Usually there are six. However, some umbrellas have a pattern of narrow segments in between the wide ones. If this is the case, then you'll need to cut one of each size for the pattern, and cut the number required accordingly. Some better quality more durable umbrellas have eight segments, hence more ribs.

For clarity of instruction, we will work on the six segment design like the torn one pictured in photo 1.

To work out how much fabric is required, place the triangular segment pattern on some sheets of newspaper and cut five more triangles exactly the same size, but be sure to allow sufficient seam allowance up the two sides. Also where the two even sides meet at the top of the umbrella point, a little extra cloth must be allowed, because later on this needs to be gathered or pinched in, and firmly fixed inside the knob or whatever sort of top finish is on the original umbrella.

Lay the six pieces out on the floor in an alternate manner, that is to say, every second one is laid in reverse. In this way you will get the most from the fabric. Measure the total length that the six patterns take up, and that is the number of metres of fabric you will need to buy. A contrasting coloured bias binding makes a nice neat finish around the scallops.

If you are a whizz at screen printing, then why not screen print bold designs on the fabric segments, as shown in photo 2, before you sew them together. In this way, you can have a unique beach umbrella — you certainly won't see another one the same. Another way is to use scrap fabric which you may already have at home, and make every segment a different colour. A two-toned alternate segment also looks smart. Choose strong material, not flimsy dress fabric. I find unbleached calico makes very durable covers, and with a gay screen print, it is always a conversation piece.

Having cut out the required number of triangles, put them aside, and now cut six rounds, approximately the size of the



Don't be discouraged if your umbrella looks like this when you start.



A newly covered 9 segment umbrella screen printed with monstera deliciosa leaves and fruit.

top of a teacup. These are for extra reinforcement where the ribs extend (about the middle). These rounds may be cut with

pinking shears, as they do not need to be hemmed. Another round must be cut for reinforcing the inside of the top point of the umbrella, that is to say where all points join. This may be made of vinyl or canvas, about 12 cm (5 in) in diameter and cut with pinking shears.

Cut fastening strap the same size as original (for securing umbrella when folded).

Sew all six segments together in rotation, leaving the last 3 cm (1 1/4 in) at the centre top point of each one unstitched. Tie off ends of thread. Oversew and neaten the inside seams with a zigzag stitch. Sew bias binding around the scalloped perimeter. Stitch strap, and then fasten to one of the segments in a suitable position.

Cut the remainder of the worn fabric from the frame, and discard. Now for the moment of truth! If you have cut your pattern and fabric carefully, the new cover will fit exactly.

Using safety-pins, pin the outside frame tips to the

corresponding tip of each segment, and pin the six reinforcing halfway rounds to the point of rib contact. Using a large needle and strong thread, gather and hand-sew the top of cover to the top of umbrella frame, and at the same time, insert the 12 cm (5 in) round of canvas or vinyl, so as to form a resting pad for where the ribs come together. Replace the outside knob covering the fabric and shaft. Fix it in the same manner in which it was fixed on the original cover.

Take out the safety pins one at a time and, using a strong thread, stitch the 12 contact points, six at the halfway point, and the other six at the perimeter. Replace the six little metal clamps on each outside point. Some umbrellas have a hole in the end of each rib rather than a separate clamp. If this is the case, stitching through this hole will keep the cover taut.

Now take the newly covered umbrella out into your garden. Erect it, stand back and admire your effort! Throw another shrimp on the barbie, and await the compliments.

The Elizabeth Duck

by Howard Handley, Benalla, Victoria.

Up until now it has been considered that when a waterfowl breeder wanted a breed that was a good layer, good sitter and a good meat bird, there was only one choice available — the Muscovy. But now things are different, because a new breed of waterfowl called the Elizabeth has entered the scene.

Developed by Lance Ruting of Austral, New South Wales and named after his wife, it was originally meant to be a meat producing bird, but later on showed some interesting features. One of the most attractive qualities of the Elizabeth duck is its colour, which places it in the 'Domestic Ornamental' class at waterfowl shows. The drake has a beetle green head with a white ring around the neck (similar to the Rouen) and a blue-yellow bill. Its base colour is similar to the Mallard with the exception that it is off-white instead of grey. It has a very beautiful claret chest, once again similar to the Rouen. The flight feathers must be off-white in colour and the wing must have an electric-blue wing bar. The feet of the drake are also orange in colour. The duck, totally different to the drake, is a fawn and off-white colour but the flight feathers and wing bar must be the same as the drake. The bill is gunmetal blue-grey and the feet are a bronze-orange colour.

Although they are only small birds — the drake 1 1/2 kg (3 1/2 lbs) and the duck 1 1/4 kg (2 3/4 lbs) — they develop very quickly and the meat has a very acceptable flavour. Their size also allows more to be run in one area than with most other breeds of waterfowl.

They are excellent layers, though not as good as the Khaki Campbell or Indian Runner. The eggs are white in colour and are much the same size as hens' eggs. Like most duck eggs they are very good for eating.

If left to do so the Elizabeth duck will become broody and like the Muscovy makes an excellent mother. Unlike the latter however, the Elizabeth when protecting its young will not attack with the claws of its feet. It tends more to bluff the provoking danger by puffing itself up and hissing and quacking very loudly. Should this fail it will attack with its bill, and once



An Elizabeth drake on the right with a group of immature ducks. Note their size compared to an average sized Rhode Island Red hen, back, and Muscovy duck, closest to the camera.

they bite it is very hard to make them let go. The Elizabeth can also be used as a broody mother, and providing the setting is of the one type (duck, poultry or fowl) the young will be accepted and well looked after by the mother. Elizabeths will nearly always accept orphan young, if their brood and the orphan are not too old. They will also set several times a year.

Another interesting quality of the Elizabeth is that it can fly, though it does so only when frightened or in cases of extreme danger. The only breed of domestic waterfowl to be developed in Australia, the Elizabeth is a very compact duck with all the qualities of the utility duck as well as the charm and grace of the ornamental duck.

For further information on this exciting new breed of duck, contact the convenor of the Victorian Elizabeth Club, C/- 'Arunga Bell', RMB 17995, Benalla 3672.

Yes, an Old Dog Can Learn New Tricks . . . and Remember Lots of Old Ones Too

by Penelope Bourke, Hobbys Yards, NSW.

We have been living on our forty-six acres for two years now. At present we have 15 sheep and 19 Angora goats. It's only a small number, but is steadily increasing and will continue to do so for some time. The first year we were here the sheep were paddy lambs and came to us readily, and we only had a few goats which likewise were very easy to catch and handle.

After we acquired a ram for the sheep and a buck for the goats however, and the numbers started increasing, it became far more difficult to catch them quickly whenever we wished. It was a full-scale operation — John would get on the tractor and I'd run alongside and we'd run those sheep into a corner, then box them in. If there was nobody available to drive the tractor, I'd engage every child from round about, and have them stand in lines to block off the sheep, thereby gradually manoevring them where I wanted. In short, every operation — be it worming, foot inspection, vaccinating, shearing — was undertaken as a full-scale military exercise and was incredibly time consuming.

We decided we needed a sheepdog, but since our knowledge of matters sheepdog was very limited, we didn't know where to begin looking, or even what in particular to look for. We decided that an old dog ready for retirement would be the best proposition for our small numbers, as a young dog would have limited experience and could be bored with too little to do, thereby perhaps becoming an unhappy nuisance. We discovered that old dogs are not easy to come by. For a start, a sheepdog doesn't become proficient until it is at least three years old and it continues learning from there on. Its excellence peaks at about eight years of age and it continues to be of service for many years after. We were told, also, that most sheepdogs will work for one person only and it would be very difficult to persuade a dog to transfer its respect.

We were nevertheless still very willing to try, and when a nearby farmer, forced off his land by the rural recession, generously offered us an old dog, for whom he had no more use, we were overjoyed. We knew it upset him to give away a dog who had faithfully served him for so many years, and felt very privileged to have been entrusted with it. He cared very much for the dog, and said if it proved impossible to re-establish he'd have it back. We agreed that I should try to gain the dog's respect, as John works full-time and I am around the most. He gave us instructions as to which orders to give the dog, but said it would be a difficult time for both of us, learning to adjust to each other. Tongue in cheek, he pointed out that Chuck was a union dog and liked to go by the rules; if he was annoyed, he'd refuse to budge, so it was obvious that here we had a dog with a decided character and personality.

For the first week, Chuck was quite definite in his total lack of acceptance of his new home. He had to be constantly chained up, as we are very near a road, but he'd still manage to wriggle himself off the chain in a Houdini fashion and head straight home. There were new owners in his previous home

and he became even more confused and miserable. Finally I decided that step one was to have him accept that he could not go home, so I put two collars on him and clipped the chain on one and knotted it round the other, so if one collar broke or came over his ears, the other would still restrain him. I fastened the chain at two places at the other end. Pathetically, he howled and barked in his old gravelly voice, just hating being here, feeling confused, unhappy and, no doubt, rejected. I took him for long walks three or four times a day, but never let him off the chain, or straight home he would go. Whenever we came home, I gave him something to eat — a bone, a biscuit, meat or an egg. For days his tail stayed firmly clamped between his legs and the look of utter sadness was heartbreaking. If I called him, he'd slink away and turn his face from me.

Gradually, however, I noticed that his tail would wag on our walks, although as soon as I patted him or spoke to him, back between the legs it would go, as though he was forgetting how unhappy he was until my voice or touch brought him back to reality. After about a week, he'd decided he simply couldn't help being happy and the tail would wag, just a little, as soon as he saw me coming. I decided it was time to let go a bit and on our walks, I'd occasionally let go of the chain, allowing it to drag so if he ran away I could retrieve it easily. He made no attempt now, and I eventually let him off altogether and made a great fuss of him each time he came to me for a pat.

He refused point blank to have anything to do with the sheep, however, but I was convinced that once he loved me, it would be an automatic thing for him to want to please me by doing for me what he knew best. I concentrated therefore on making his life thoroughly happy.

One day we were out walking in the paddock near his former home when he disappeared through the long grass. I called him, but no Chuck. I was bitterly disappointed that he'd obviously found it too great a temptation being so near home and had returned there when, out of the grass, appeared Chuck, complete with one very irate and indignant doe and her two kids. He brought them to my feet then sat down with his tongue hanging out and a big doggy smile as if to say, 'See! I've brought you a present'. You can imagine how overjoyed I was. I patted and hugged him and told him he was the most marvellous sheepdog in the world. He still, however, refused to follow any orders I gave him.

This continued for a couple of days more, when two of my sheep escaped onto the road. Repeated attempts failed to retrieve them, and they headed precariously for the wide blue yonder. John suggested I try Chuck, so, feeling I had nothing to lose, I undid his chain, and gave him the orders to go back and get the sheep. To my surprise and delight off he went, and quickly rounded up the two into the paddock across the road, belonging to a neighbour. In spite of my repeated efforts to get him to put them in our paddock, he refused so I decided he deserved praise anyway, because for the first time, he'd followed my orders. I felt that if I left the sheep where they

were for the time being, at least they were safe and perhaps later he'd bring them home for me. I told him he was wonderful anyway, and patted and cuddled him and rubbed his tummy. Having received all my praise and admiration he then trotted straight off and put the two sheep in my paddock, leaving me gaping!

From that day he and I have gone from strength to strength. He accepts all my orders and can even separate the goats from the sheep for me. He remains chained up when I am not around, not because I am any longer concerned about his running away, but because we are too near the road. Also, a trained sheepdog running loose can cause much havoc among sheep, and it could be unfair to my neighbours should he decide to 'have some fun'. He is with me whenever I am

outside wherever I go, and is a beautiful and loving pet as well as being a wonderful sheepdog. His previous owner is delighted about our success and knows his dog has a loving home for the rest of his days. Any time I need the sheep or goats I have them in minutes, and gone are the days of sweaty animals and frayed tempers. The animals respect him and will quickly go where he wants them to. Watching him round them up fascinates me, his strategies are intriguing. I always give him lavish praise in return and sometimes some treat or another — he's become very fond of eggs!

So if you are fortunate enough to acquire an experienced sheepdog, and you have work for it to do, use lots of love and persistence and you will have a permanent friend of invaluable worth.

HAVE A GO NOW!

by Gwen Wall, Aitkenvale, Qld.

When we were married 23 years back, money was short and I became interested in recycling clothes, books, furniture, utensils. Now that our income is much improved I still favour recycling as it makes a good income stretch further and allows for the special treats of life — in our case it is usually travel. There are so many good sources in cities with Life Line stores, St. Vincent de Paul, Salvation Army and others. To me secondhand, or pre-used doesn't necessarily equal nasty, and never dirty — be selective, there are many treasures just waiting for you to find them.

Recycling also applies to such commodities as leaves — these can be gathered from your own garden and used as mulch or compost; you could help an elderly person by raking their leaves for YOUR garden perhaps, and there are always leaves in local parks. Pressed flowers and/or leaves are lovely on home made cards or collages for friends, or for sale as pocket money — using time but little cash.

What about composting paper? So many people throw it out in the rubbish, or burn it — what a waste! Rolled newspapers will edge beds in the garden to stop grass growing into the vegies — you can make a path between the beds to walk on with rolled or folded newspapers. When they are damp enough and not so firm they can join the compost department. When we first started shredding paper, we mowed it with the lawn mower. Experimentation showed we had better results if the paper was damp before mowing, and also mixed with leaves and other garden refuse; we have now invested in an electric muncher which makes a very good job of all our waste material and produces terrific mulching material. A few metres of chicken wire and some star pickets provides open bins to store leaves, waste paper torn into middle-sized pieces, and the final product while waiting to be used. The leaves, paper and mulch all get a sprinkle from the hose when I am watering the vegies, as it helps in the breaking down of the final product.

After spending our single years in Melbourne and Adelaide we have lived in Canberra, Katherine, and Townsville over a period of 23 years and have applied the same rules of living in all these places according to need/time available and interests. We have also travelled overseas in a wide range of countries and like to apply the same rules there too. As far as possible use local transport, keep out of big cities, stay in cheap

lodgings or Youth Hostels, and the best local tour is the local bus route where you see people as they are. My special treat is if someone invites you to their home for a cuppa and a chat — this has happened even in northern Japan and in Russia.

Bicycles are a good form of transport — if you need to carry something, a basket on a carrier at the back works well. My husband extensively uses a backpack for varying sized loads daily. He made history with a shopkeeper (later to be a good friend) by riding home from a second hand furniture shop with a cane chair tied to the back pack; we do have a car but he prefers to ride his bicycle! I find bikes a hassle here in Townsville so choose quiet routes, or use the car myself in busy times. A trailer behind a bicycle would be good for family shopping, and I have seen some used for various purposes: one carried a lawn mower for a grass cutting business, others children or dogs; they would be good for larger items for camping trips.

In our first 4 years of marriage in Canberra, we had no car, and the bus service was very poor. My husband used to carry our first child in his A frame rucksack on the bicycle (those good carry frames weren't out here then) — he sat the baby on one or two cushions as needed, and kept him secure by the cord which pulled the neck of the bag shut. The cord came under the child's armpits so he had his arms and hands free. I rode behind to check progress and the baby was so comfortable he would go to sleep along the way. I was the only one who was upset because I briefly wondered 'What would people say?' but then I realised that Indians and other similar people had been doing this for many years (but not on bicycles perhaps). When the child became too big for the rucksack, he was big enough to sit in a seat on the rear of either parent's bike.

We are planning retirement from our regular job at 55! This is to give time to do all the things we would like to try — we may never have a farm, or large property but we can enjoy doing what we like best, and believe in, wherever and however we are. I like reading reports/letters of grass roots people, their joys and successes, their trials and tribulations — thank you all for sharing them with others. I would like to encourage others to 'have a go' where you are NOW, don't wait for 'later on' — it may never happen and today is with you right now.

MORE ON CONVEYANCING

by John Linehan, Coal Point, NSW.

I refer to the article in *Grass Roots* August 1987, by J. Thomas of Tasmania concerning 'Do It Yourself Conveyancing'. It is first important to note that the article relates only to conveyancing in Tasmania. The conveyancing systems differ from state to state and whilst conveyancing is a simple procedure in some states, in others especially New South Wales it can be very complicated. In New South Wales you have: Torrens title, the simplest form of conveyancing; you then have strata title, old system titles and numerous types of Crown Land titles. The bulk of the readership would be in the mainland states and I will confine my comments to New South Wales. I would firstly make it clear that I am a practising solicitor, but I believe that my article is written not just out of self interest, but to put a few matters on the record. I would point out the following traps to people in relation to buying land:

1. The mechanical task of conveyancing is by and large fairly simple, however, in New South Wales it is necessary to make enquiries of up to 15 or 16 separate government departments who may have an interest in the land. Failure to obtain a search from any of those authorities when buying land could mean that you would be unaware of a proposal say for Electricity Commission lines or main resumption through your land.

2. If you are selling land then you are required by law in this state to annex certain certificates and documents to your contract. Failure to do so will give an incoming purchaser the right to pull out of the contract with no penalty.

3. For most people the purchase of real estate is by far the largest purchase they will make in their lifetime. If you purchase a property through a solicitor and the solicitor makes a mistake, the solicitor is covered by a professional negligence insurance, which means that there is a fund available to pay you out if there is a mistake. If you do the conveyancing yourself and make a mistake, the mistake could cost many thousands of dollars. Of course you will have no one to sue for the mistake because it is your own. It is worthwhile remembering that solicitors pay a substantial amount of money each year for this type of insurance and in fact you are obtaining as part of the fees a guarantee that you have a proper job done.

4. The writer in the previous article refers to 'huge fees'. The legal fees to purchase a normal block of land, say a value of \$50,000, are \$564. Stamp duty is \$765, there are other charges by government departments in relation to conveyancing and it is normally conceded that the conveyancing costs due to solicitors' charges are around 30 percent of the total costs involved in a conveyancing transaction. If you are selling a block of land for about \$50,000, the real estate agent's fee is around \$1,800, while legal fees on sales in New South Wales are \$423.

5. In relation to stamp duty, it is important to know that there are strict time limits on payment of stamp duty and if through ignorance you delay payment of stamp duty, you can be up for fines of 100 percent of the stamp duty assessed. If the solicitor

for some reason misses stamping the documents, he is liable.

I do not recommend any person do their own conveyancing in relation to Crown Land matters or old system conveyancing. Old system conveyancing is very complicated and involves knowledge and search of deeds going back many years. There are many solicitors who would not even regard themselves as able to do old system conveyancing. Concerning Crown Land titles, and this is very relevant for people in rural areas of New South Wales, there are something like over 50 separate types of Crown Land titles, each having different restrictions on the use of the land, on subdivision and on transfer. Many people have come to grief by not understanding what the Crown Land restrictions on their land mean. Also many have bought Crown Land titles, believing them to be the same as freehold, only to find that they have paid far too much for land which really is just a grazing lease. Further, there is no mention in the article by J. Thomas of the necessity, especially in New South Wales, of notifying various authorities of the transfer of the ownership of the land.

In conclusion I must say that it is true that 90-95 percent of conveyancing transactions are straightforward and proceed without difficulty, however, there is a small element that do not and can very easily be messed up. Once a conveyancing transaction has been messed up and has to go to a solicitor to be straightened out, then it is a very expensive exercise. J. Thomas has also assumed that the other person in the transaction was honest, straightforward and reasonable. Unfortunately many people in this society are not reasonable, honest or straightforward. The majority of disputes in relation to conveyancing don't occur because of difficulties with the task of conveyancing, they occur because of disputes between the parties to a transaction over the contract. You could be ripped off thousands of dollars by the other side of a transaction, who would realise that you don't have any professional guidance. People are free to do their own conveyancing, it is really a question of whether they are prepared to balance the savings against any problems and risks that might be involved. It is worth noting that solicitors' charges are a fraction of the total cost of conveyancing. In my opinion it would be worthwhile approaching governments to see what value they give for the stamp duty that is charged.



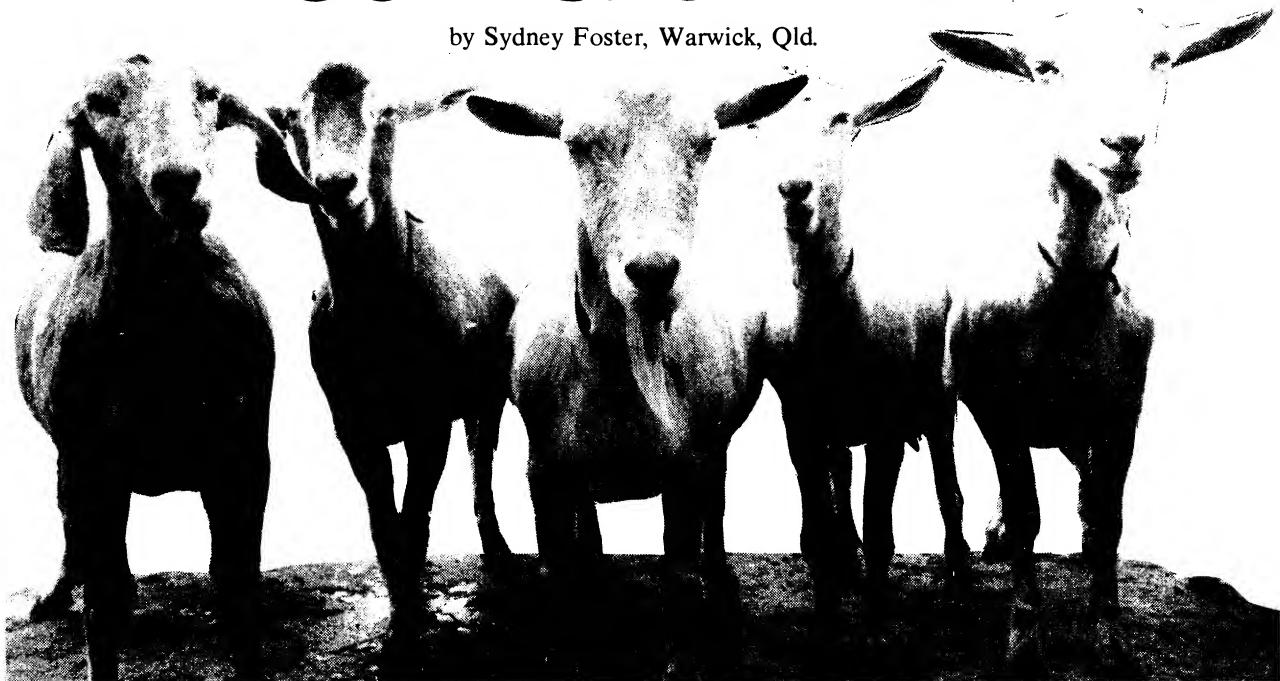
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GOATS! OH BOY!

by Sydney Foster, Warwick, Qld.



I had just finished washing the breakfast dishes when the phone rang and my nearest neighbour informed me, 'Your goats are down here, Mrs. Foster.' He stifled my abject apologies with a quite reasonable request: 'Kindly come and remove them, please.' During the two mile walk along the highway my mind was turning over the various sorts of damage they could be doing, as my experiences since we bought them told me to expect something quite disturbing. I reflected on how I came to be in this predicament.

'Never buy a pig in a poke', is a wise warning, old and tested. A variation on the same theme would be, 'Never buy six goats in the back of a truck by lantern's glow on a dark night in the bush.' Especially if you wouldn't know what you were looking for if it was high noon in the desert.

The farm we had bought was in a state of neglect approaching primeval wilderness. The old house was a derelict. The housing problem we solved by purchasing a house trailer. The land problem we decided would be solved by goats. We had asked around the local community, (about forty miles as the crow flies), as to where we might obtain some goats and had been directed to a cattle dealer about twelve miles away. There had been insinuations about his integrity but no outright accusations. He was the only one we could find anyway so it was 'Hobson's choice'.

The goats arrived on a cold windy night, just as we were about to retire for the night. All my husband could do was count them, although he went through the motions of looking to see that they at least had teeth.

They were such a lively bunch that for all he knew he could have looked at the least nimble goat several times, under the impression that he was examining them all. Finally, nearing exhaustion, we put them in a tumbledown shed for the night. We felt obliged to pay the man the price he asked as we had requested him to get them for us. We did make a

halfhearted attempt to bargain but, unaccustomed to the process and not the brightest at that late hour, we couldn't haggle.

The next morning, when we opened the shed door, the smell met us even before the goats did. What a motley group stood before us! There were three that were white and three that were, well, sort of brown. One of the white ones, not much more than a kid, my husband couldn't recall seeing the previous evening. I couldn't resist naming that one Michelle. The next largest one could have been the kid's mother, but by the way she treated it she had lost any maternal instinct she may ever have had. That one was named Roberta. We learned later that these two were short-haired Saanens. The largest white goat, a long-haired Saanen looking like a shag rug on stilts, was given the name of Ernestine. The smallest brown goat was a long-haired Toggenburg, with a pair of horns that would have made a male mountain sheep justifiably proud. She was named Bernadette. The next largest brown goat was an ancient looking, short-haired Toggenburg who had the most doleful expression I have ever seen on any animal. She walked with a stabbing motion of her hoofs that indicated a lack of energy but a surplus of determination. I named her Harriet. The tallest brown goat was a short-haired Nubian. Her ears framed a haughty head which was surmounted by a pair of only slightly curved wicked-looking horns that should have belonged to a male South African water-buck. She looked rather strange with her extremely long legs. I just had to call her Charlotte.

One other defect that they all shared was overly-long hoofs. Their smell indicated that they had been confined to close quarters for some time, the condition of their hoofs confirmed this. After a look in the book on goat husbandry my husband trimmed their hoofs to a proper length. Within a few days all the names were shortened to Mickey, Bobby, Ernie,

Bernie, Harry and Charlie. This was very confusing to visitors but a source of amusement to us.

Harry was the undisputed leader: not because she had leadership qualities, but because she had such an overwhelming desire for solitude that she was always trying to get away from the rest of the herd and they just as persistently kept up with her.

We made it a point of wisdom to feed the goats a tasty concentrate in the shed each evening, to encourage them to return and to counteract their tendency to disappear into the wilderness. We had three hundred acres which was mostly forest. The rectangular area that we needed cleared was sparsely covered with regrowth and brambles. My husband had made an attempt to fence the two ends and the side nearest the highway. The other long side was bounded by a brook which formed a natural barrier, the goats seemed to dislike getting their feet wet. The goats quickly showed us that they could not be contained by our type of fencing and they were soon browsing a larger area than we had planned.

Goats like a variety in their food and will eat a little here and a little there. Some of the things our goats did to obtain that variety could have got us into trouble.

One day our ten year old son came and reported that the goats were being a nuisance to the visitors in the state picnic area about one hundred and fifty metres along the highway. I thought it best to investigate what our son meant by 'being a nuisance'. By the time I arrived at the picnic area there was only one goat 'being a nuisance', but that was enough. Ernie,

the shag rug on stilts, was standing on the table sampling the salads that had been neatly placed ready for a family feast, with the family standing around as if she was an honoured guest. I easily pulled Ernie off the table and led her away, without a protest from either the goat or the visitors. I was too ashamed to look back to see if they resumed their picnic with the goat's left-overs.

That was a bad enough experience, but luckily for me I was not aware during my long contemplative walk that this time I was on my way to a 'shocking experience'. When I found them they had far exceeded my worst expectations. They were indulging in what could only be described as a goat orgy of feasting on my neighbour's pine plantation that he was growing specifically for Christmas trees.

There was no one else around, so my neighbour had either gone home to lie down and recuperate from the shock, or he had gone to get his shotgun; either way I wanted those goats out of there fast.

I knew that if I could get Harry out the others would follow. The very real barrier thwarting my plans was an electric fence. Upon entering the plantation the goats' eyesight would have been adversely affected by the luscious green trees, but with their backs to the trees their vision was perfect. They would not go through that fence. Several times I had Harry right up to the fence, only to have her baulk at the moment of victory.

Eventually, in absolute frustration, I grabbed the fence with both hands and began to yell in what to me was a loud voice. I had hardly opened my mouth when the pulse of electricity in the fence hit me, with the shock going across my chest from hand to hand. What I had intended to be a loud demand for compliance with my wishes became an enraged warrior's scream of battle anger. With only the slightest pause for reflection, Harry shot under the upraised fence which I was in the process of throwing from my grasp. The other goats followed in rapid succession.

My yell must have been heard at the farmhouse, but no one arrived to increase my embarrassment as I plodded home along the highway, surrounded by six goats which for once gave off a pleasant aroma as their cedar laden breaths perfumed the air.

HANDY HINTS

A mixture of soap and water frothed and sprayed on roses is excellent against aphids. The aphids cannot breathe through the film of suds.

To construct your own grater, take a wide tin (like a tuna tin) and, using a large nail, punch holes through from the inside of the tin with a hammer. The small overhangs of metal made by the nail holes create your grater.

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THE LUCKY COUNTRY

(The Great Health Delusion)

by Michael McInerny, Hurstville, NSW.

I trained as a pharmacist, graduating from Sydney University, and was happy in my chosen profession for some years. I used to think how lucky we were in Australia to live in a civilised country where we could live the lifestyle of our choice, and have modern drugs to restore us to health when things went wrong.

Indeed I was not alone in this philosophy. The government actually set up the National Health Scheme to alleviate any financial burden to the sick person. This scheme involved subsidising the cost of many drugs. After all, the purpose was to make health available to everyone, not just those who could afford it. We had highly trained experts to guide us so that we virtually abandoned our own involvement in matters of health. A multi-faceted system of health support grew. Sick people were not expected to ask questions of this system, simply supply their bodies to it for treatment. After all, experts should know best.

I noted a phenomenon. Each winter large numbers of people got the flu. Most sat in the doctor's surgery for a long time, finally emerging with a script for antibiotics and antihistamines, and went home to bed. Other less patient souls went straight to the chemist, bought some aspirin and also went home to bed. After about 5 days I saw them all around again. Both groups reported being on the mend, back at work but still congested. I thought it odd that the untreated people were indistinguishable from those who took antibiotics. It seemed the rate of improvement was the same.

I noticed something else. Many people were chronic sufferers, took up to 10 medications and had done so for a long time. They stubbornly refused to get healthy. Indeed the only changes were that dosages increased as their condition worsened with time, and new stronger medication was adopted. 'How can this be?' I thought. 'Why are these people not responding to health restoring drugs?'

I turned to my pharmacology books for answers. To my surprise I found over and over the statement 'Mode of action unknown'. Many drugs were being used for their known effects without an understanding of how they worked! 'But what about the 'Scientific Method'?' I asked. This was not scientific. I looked at effects and side effects. There is no difference. The effect is the desired drug action, side effects are unwanted complications. Some side effects are so severe they require other drugs to control them. And so on it goes.

No one could give me answers. It seemed they were uncomfortable with my questions. So I started to study chiropractic. Some time later I found statistics which showed that in 1905, 25 people per thousand died of infectious diseases like flu, pneumonia and cholera. In 1985 only 1 person per thousand died of these diseases.

So we're all living to a ripe old age now are we? Wrong... In 1905, 1 person per thousand died of degenerative diseases but in 1985, 38 people per thousand died of heart disease alone. this figure does not include the other degenerative

diseases like cancer, diabetes, strokes or emphysema.

The penny dropped. Infectious disease is no longer a threat, thanks to modern sanitation. Instead there has been an explosion in degenerative disease. Drugs cannot treat degeneration. They can only treat the symptoms while we degenerate further. If a person is sick then look for the cause. The body has the ability to restore itself given the right circumstances. Every cell of the body requires oxygen. Without it the cell dies. If it has insufficient oxygen, the cell can only operate to a limited degree. It cannot do all of its jobs and it degenerates. If we then give it full oxygen supply it restores itself.

Nathan Pritikin found himself dying of severe heart disease. He began years of experimentation on his own health, using as a guide his background in medical statistics. On autopsy he was found to have no hardening of the arteries. In other words he had by alteration of diet and lifestyle completely reversed his condition.

The evidence is beyond dispute. Controlled studies have been completed. The figures are accepted without question by such prestigious bodies as the American Heart Association and the American Diabetic Association. How have we allowed ourselves to degenerate? It must be due to some changes we have made since those 1905 figures. Spelling it out, the major factors are lack of exercise, increased stress and adoption of a high fat diet.

We have become poison factories. Our body chemistry is sluggish with high levels of free radicals to damage cells. Our arteries are choked with fatty cholesterol deposits which restrict blood flow and oxygen supply. These factors are entirely within our control. Change any one and you feel more healthy. Change them all and you are bursting with energy.

So you see, health is not to be found in a bottle. You have to work at it. If you have a damaging lifestyle, if you have a high fat diet, (don't kid yourself, you probably have), if you get no exercise, if you are very stressed, you can take steps to improve your situation. If you have back pain, headaches, or stiff neck causing interference to the nerve supply, see your chiropractor. Maybe you need more rest and relaxation, fresh air, to cut out that salt, and so on.

Life is short. You might as well enjoy it, so get started.

Handy Hint

To get rid of flies, grow geraniums indoors, you'll find less flies and decorate your home too.



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Are Your Favourite Foods Also Your Poison?

Take a common schoolyard snack: a slice of buttered bread (white or wholemeal) spread with peanut butter. The bread is virtually guaranteed to contain the pesticide fenitrothion, the butter is likely to contain the pesticide dieldrin, and the peanuts might have some of the naturally-occurring poison aflatoxin. These common foods, like many in the Australian diet, have registered some level of 'noxious substances' in the latest and most comprehensive survey by the National Health and Medical Research Council. The good news, according to the NHMRC, is that the levels are not hazardous.

The 1984 survey, not yet publicly available, analysed 57 foods making up a hypothetical diet for different age groups. While it says that generally residues did not pose a health problem, it does indicate the pervasiveness of some chemicals used in food production. Tea leaves, for instance, showed up high in copper and a pesticide similar to DDT. Once diluted in water the NHMRC said they would not pose a health problem. Powdered skim milk, evaporated milk, and liquid milk formula had high zinc levels, which the survey again said would not cause a problem when diluted. Fish was the only food to contain mercury, but below the maximum permitted level. Fish also contained arsenic, and while the testing was not detailed enough to establish whether it was above the Australian recommended maximum, it was below the international level.

All samples of bread, infant cereal and unprocessed bran

(also containing high levels of copper), contained the organophosphorus pesticide fenitrothion, used to kill bugs in grain silos. The chairman of the NHMRC pesticides and agricultural chemicals committee, Dr Allan Black, said this was to be expected, because the chemical was sprayed on the grain by the state wheat handling authorities. But he said there was no evidence of misuse, and it was not foreseeable that the level could increase to be a health threat. The body was able to carry a burden of some noxious substances, he said.

Dr Black said lead was an example of a substance which just had to be lived with. The survey showed infants consumed six times more lead for their body weight than adults, taking about 24.5 micrograms for each kilo of body weight a week, compared with about four for an adult. The NHMRC believes the lead is coming from infant formula and tinned babyfood, but made no comment about its implications for the health of children. While comparative international figures showed Australian adults were well below tolerable levels of lead intake, there were no comparative figures for children. In the analysis of other heavy metals — cadmium, mercury and arsenic — infants did not have higher levels.

Aflatoxin, a poison which can occur naturally in peanuts, was also found to exceed recommended levels in two out of 182 containers of peanut butter. It was not found in unprocessed peanuts during the survey. The toxin damages the liver and the NHMRC consider it might be carcinogenic but Dr Black said there was no way to prevent it occurring in peanuts.

The level of organochlorine pesticides, such as aldrin, lindane and DDT, continued to decline, the survey said. A high proportion of butter, cheese and ice-cream had some dieldrin, but not above recommended levels. DDT compounds were found in tea leaves and butter, but again not above recommended levels. Another DDT compound was found in most minced meat, lamb chops, chicken and canned meat but well within the limit. The overall level of organophosphorus pesticides was also low.

On heavy metals, the NHMRC found there was 'no cause for concern' about cadmium levels; mercury was found only in fish, and below acceptable levels; and inorganic arsenic in fish was possibly above the NHMRC level but below the international level.

Reprinted from *The Age*, Wednesday 23 July 1986.

Cockroach Bait

An acceptable cockroach eliminator can be made by mixing together powdered borax and potato water to form a wet paste, and then placing in upturned coffee jar lids in your cupboards. Keep out of the reach of young children.

To Preserve Lemon Juice

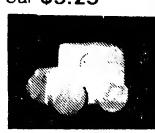
Pour lemon juice into an ice-cube tray and you will have perfect sized lemon juice cubes for your recipe. Pick out the ripest of your lemons and let them warm up in the kitchen and roll them around on the counter to soften which will give you more juice. For clearer lemon juice re-strain and heat to 80 degrees C, chill and freeze. This pasteurisation prevents separation when thawing.

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SOLAR FOOD DRYING

by Jose Robinson, Wild Cattle Island, Qld.

Plug into the sun, and solar dry your food. Grow your own fruit and vegetables and preserve your excess for lean times by solar drying it. Or buy when the market is plentiful and cheap, and conserve for the scarce and expensive periods. Solar food drying is a natural method of keeping fruit and vegetables. Canned food is not live food. It is usually loaded with salt, sugar and preservatives.

When fresh foods are gently dried by the sun, the life energies are not extinguished and a seed will still germinate. All drying does is slow down the normal processes of fermentation and enzymatic digestion to a harmless dormant state. Life cannot function efficiently when no moisture is present as the cell walls become almost impermeable to bacteria.

Naturally dried foods contain practically all the vitamins found in the fresh food, and can be brought back to their natural juiciness and flavour by soaking in water. Just about anything may be dried if done properly with the right equipment. You may eat your fill of juicy mangoes in season, then dry the surplus for use months later.

It is possible to buy electric food dryers, but the sun is free, so why not use it? A simple solar food dryer on a small scale can be made at home from scrap timber, a polystyrene tomato box, a piece of glass the size of the box top and a pot of black matt paint.

CONSTRUCTING THE DRYER

Cut the front of the polystyrene box down to one quarter of its height. Cut the two ends to slope down to the front where it was cut. Using this box as a core, nail and glue together a plywood skin both outside and inside the box. Glue and nail four small blocks on the underside for legs. Drill 15 mm (½ in) holes completely around the top perimeter of the box, spaced about 80 mm (3 in) apart.

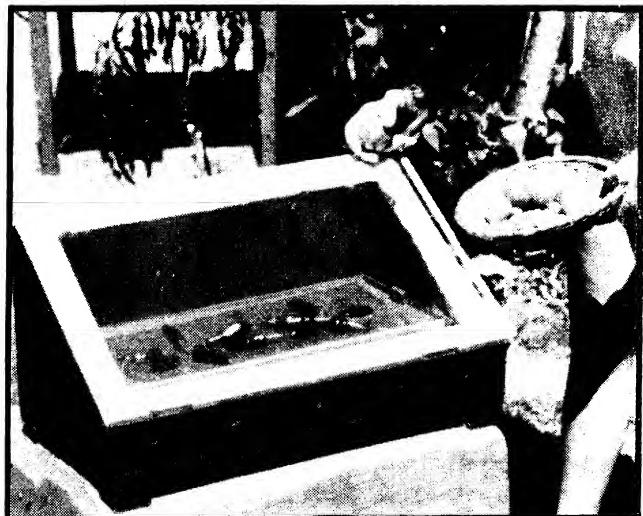
In the base of the box drill three rows of 15 mm (½ in) holes approximately 80 mm (3 in) apart right through the two thicknesses of ply and poly. Paint all the plywood black, both inside and out.

A rack made from fibreglass mesh (such as insect screening) stretched on a lightweight wooden frame sits inside the base of the box, and it is upon this that the sliced fruit or vegetables are placed to dry. The glass panel fits over the top of the box at an angle of about 25 degrees to the horizontal.

USING THE DRYER

The dryer needs to be placed with the glass panel facing directly towards the sun, tracking it periodically as the sun's position changes throughout the day. The food needs to be turned once or twice to ensure even drying. Some foods will complete the drying cycle in one day's sun, others may take two or more days, depending on the weather.

The dryer should be taken indoors overnight to prevent dampness re-entering. After the drying cycle is completed, food should be stored in sealed containers away from light



Jose's home-made solar dryer at work.

and it will keep indefinitely. It is a good idea to first wrap your newly dried food in brown paper before placing it in the storage container, as the paper will absorb any remaining moisture in the food, as well as preventing light damage.

The action of the sun's rays through the glass and the resultant heat rise inside the dryer, along with the natural convection air current from the holes arranged inside the dryer, make the drying process function perfectly at approximately 50°C (122°F). The air enters at the base, heats and exits at the top.

The best drying and preserving is done at a temperature of 45-50°C (111-122°F) at low humidity and as quickly as possible. A well made dryer should maintain a steady even temperature of 50°C (122°F) in an enclosure heated by the sun. Heat alone is not all that is necessary. The ventilation is needed to carry off the moisture from the food.

How do you know when the food is finished drying? Sweet fruits should be tough, spongy and able to bend — not necessarily break, although if sliced very thinly and dried longer they can be made crispy. Vegetables should be crisp, and powder when rubbed. No evidence of wetness or moist pockets in the food should be present when cut in cross section and inspected.

ADVANTAGES OF SOLAR DRYING

Why a dryer? Why not just spread the sliced food out on a tray? Simply setting sliced fruits and vegetables out in the sun will dry some of the food some of the time, but you can't get consistent or quick results, and sometimes the birds, flies or other insects could spoil the food, or it could become mouldy before it has a chance to dry.

Home dried foods don't need the use of sodium nitrate or sulphur dioxide to enhance the colour. These chemicals are added to give the commercial producer higher profits because they reduce the necessity for proper handling and packaging.

By using good fresh products you can get around all these chemical gimmicks and have really good food, years after the day you spent picking it. Most properly dried food will store indefinitely if kept dry, cool and in a dark place. Moisture, oxygen and light create a perfect environment for microbes to do their damage.

Space-wise, dried fruits and vegetables shrink to amazingly small sizes, e.g. nine kilos of tomatoes dry to half a kilo; two kilos of bananas become one third of a kilo.

Refreshing drinks may be made by just soaking dried fruit in water for several hours. Sugars, flavours and vitamins leach into the water and make a fine refreshing drink that hasn't been cooked to death and then embalmed with artificial preservatives and synthetic sweeteners. Just let go of sugary preserved foods, plastic potato chips and packaged cream dips and in their places have fresh juices and vegetable chips made in the solar dryer.

PREPARING FOOD FOR DRYING

Fruit

By dipping some fruits, such as apples, bananas and pears, in lemon juice before drying, discolouration due to oxidation can be reduced. This hardly affects the taste at all and will keep fruit much fresher looking.

Apples if waxed should be peeled. Who wants to eat candles? Apples should be sliced thinly before drying.

Bananas may be sliced in two or three lengthwise depending on their size, or thinly sliced across to make chips. Banana chips make healthful nibbles for between meals, at work, or snacks on the trail.

Berries may be dried whole if small and should not be crushed

or over-ripe. Larger berries such as strawberries should be cut in half to shorten the drying time.

Oranges, lemons and grapefruit — the peel may either be left on or removed, and the fruit sliced across in thin slices.

Remember fruit bought commercially will most likely have been heavily coated with wax, dye or preservatives. Producers treat the incredibly nutritious peel as if it was just another plastic wrapper. Why does an orange skin need to be dyed? Can't we accept the fact that oranges are naturally greenish when ripe, and have brown patches?

Vegetables

Fresh beans are best dried by cutting lengthwise and then diagonally into smaller pieces. Dry them until they are hard and snap when bent.

Carrots are a crispy and sweet snack, right for munching anytime. Wash very well or peel, and cut into 3 mm ($\frac{1}{8}$ in) diagonal slices. Dry until crispy.

Celery — be sure to begin with very fresh unwilted celery for best results. Cut into thin slices and dry until the slices are hard and will break when bent. The leaves are also good dried and crumbled into a powder for flavouring soups and stews. Chilli peppers — these should be cut in half and seeds removed before drying. I wear rubber gloves when handling chillis, even when dry. They will crisp dry in a few hours on a hot day if turned once. With gloves on once again, I then crumble them into a wire strainer. The dried material when pushed through the sieve and placed into a pepper pot makes wonderful instant flavouring for almost any savoury dish.

Having experimented successfully with a small home-made dryer, there is no limit to the size or number of dryers one could construct for home usage.

Note: Back in GR 39 there was a very good design for a home-made solar food dryer.

HOME-MADE COSMETICS

Body Lotion

Gently warm 300 ml buttermilk to which has been added several marigold petals, elder flowers, geranium leaves and 1 chopped clove of garlic. Simmer for 40 mins then leave to cool for 5 hours. Warm again and add 1 tbsp honey, now gently massage into the skin.

Home-made Sunscreen Lotion

Over a water bath melt 14 g (1 oz) beeswax and 50 ml (2 oz) oil together. Dissolve $\frac{1}{2}$ tsp borax plus 1 tsp PABA (para amino benzoic acid) in 50 ml (2 oz) of water. It is convenient to do this over the water bath too. Add the water solution to the wax solution and stir until cool. Place in a screw top jar. To make a sunblock add 1-2 tbsp of china clay (Kaolin).

Home-made Cold Cream

Warm 14 g (1 oz) beeswax, 50 ml (2 oz) mineral oil (liquid paraffin) and 1 tsp wool fat together in a water bath, (container inside saucepan filled with water heated on stove). In another dish dissolve $\frac{1}{2}$ tsp borax in 35 ml (1½ oz) water. Add to melted wax and mineral oil, stirring well until cool; add perfume and/or colour while stirring. Place in a jar.

(Water could be replaced with perfumed water.)

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Growing Popcorn

by Francoise Chanovre, Killabulch, NSW.

Have you ever watched youngsters putting popcorn away as fast as they can? It can be a rewarding experience if the popcorn is from your own organic garden.

Popcorn is very easy to grow, though it must be watched carefully while growing and curing in order to preserve its popping abilities. These are minor problems when you come to understand its growing characteristics. Popcorn demands the same growing conditions as sweet corn. It will do well in any area that has the required amount of frost free days, very warm moist summers and a soil rich in organic matter in all stages of decay.

PREPARING THE SEED BED

Do not choose the same area that you wish to grow sweet corn in as the two varieties will cross pollinate. If they do the popcorn will not pop well. At the end of August rotary hoe the area for the popcorn as deep as possible. If you can, add chicken manure, as it is one of the best popcorn fertilisers. Apply a good half bucket of dry manure every 3 metres (10 ft). As chicken manure is high in nitrogen and popcorn needs plenty of nitrogen, it will thrive. If chicken manure is not available cow manure will also give a good result. Apply phosphate and potash rock — an early spring soil test will indicate the amount required. Scatter lime over the area then rotary hoe. As an extra boost to plant growth work a double handful of well decayed compost into every hill or row.

PLANTING

If you are uncertain when to plant, watch the apple trees: when the flower buds unfurl it is safe to plant. Nothing is gained by early planting as popcorn kernels rot in cold damp soil. Wait till the soil warms up.

Popcorn does better grown in a series of short rows rather than one long row. Pollination, which is necessary, takes place better in group plantings. It can be grown either in drills or hills. Plant six kernels per hill or 50 cm (20 in) apart in rows 1 m (3 ft) apart. Remember popcorn can't stand being crowded. When popcorn is big enough thin hills down to the three healthiest plants. This gives them more and bigger ears. They produce between six to nine ears per plant.

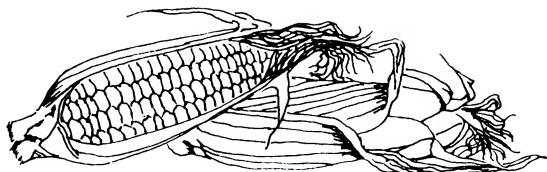
Varieties

Your success with popcorn will depend on whether you grow the type suited to your area. Some varieties are: Yellow Hybrid — 104 days to mature; Japanese Hulless — 95 days; Hybrid White Hulless — 100 days.

SUMMER CARE

Popcorn takes large amounts of nitrogen from the soil, so side dress with additional chicken manure or cow manure with soya meal when plants are 30-35 cm (12-14 in) tall. Work into the soil between the hills and rows with a hoe, killing weeds at the same time.

After a good rain hill each row with a hoe so that loose earth stands 20 cm (8 ins) high around the plants. Take soil



only from the aisles, never from around plants where roots grow dangerously close to the surface. This gives the plants extra food and support. Mulching between the rows and hills with old hay, straw or grass clippings is also very beneficial.

Topping

As soon as tassels on your sweet corn appear cut them off. Removing these will prevent cross pollination with the popcorn but will not harm the sweet corn's maturity and crop. If neighbours are growing sweet corn then you will have to remove the tassels from popcorn. This will cause a few ears to become scanty but not enough to worry about.

HARVESTING

As soon as the husks on the ears begin to turn brown give the ears the thumbnail test: if it punctures the kernel then the corn is not ready. When kernels are shiny and as hard as a rock, it is time to harvest.

Place ears on a shed floor for three weeks, in a single layer, then place in shallow trays somewhere warm for two months. Take a few kernels for the pop test. If it pops then corn may be shelled and packed away in airtight containers for winter use.



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How To Build Your Own 12V Power Station

Part II

by Rob Harle, Wyee, NSW.

Last issue Rob outlined the basic equipment and methods needed for constructing your own economical 12 volt generating set, using an old motor mower and a car alternator as major components. He also described how to choose a suitable alternator and gave detailed operating instructions for the completed set. This issue he gives further information on batteries and motors, as well as important safety precautions to be observed.

ABOUT BATTERIES

You can obtain secondhand batteries from some auto-electricians for \$2, this is what they get from the 'used battery man'. Old batteries can sometimes be rejuvenated by flushing out with clean water and re-acidifying. Acid is available from large tyre and battery centres. If you allow the battery to become too deeply discharged too often the battery's life will be extremely short. The secret with car batteries is to charge them, a little amount often. When the television picture starts getting smaller you are either 'pretty well whacked' or the battery needs recharging immediately. A voltmeter tells you the same thing when it shows a reading of 11 or 10½ volts. Our secondhand car batteries are still going strong using this system after two years. If you are buying new batteries, deep cycle or special industrial batteries are the best choice.

Always keep batteries topped up with distilled water. Locate batteries as close as possible to appliances, but in a well ventilated area. Hydrometers are very cheap and easily tell the state of charge, it is a good idea to keep them in a safe place though, where large gumboots can't tread on the delicate glass.

ABOUT MOTORS

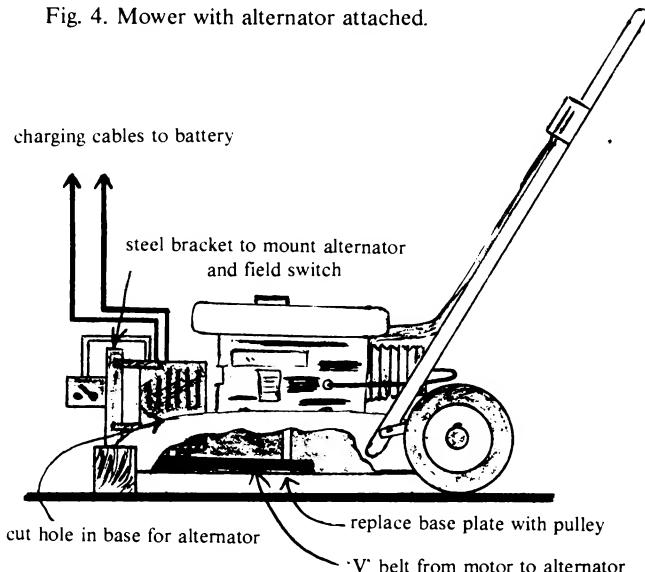
I decided on an early Victa because they are the simplest internal combustion engines made. Apart from dirt in the fuel or dirty points nothing much can stop them. I don't know if there's an engineering law that states, 'the more movable parts and unnecessary junk in a system the greater the chance of breakdown', if there's not let's call it Grassroots Law.

If your motor has been running well then refuses to start, first check the spark. Remove spark plug — that's the bit with a thick wire attached to its silver end — rest it on a metal part of the motor then try to start motor. If it sparks the problem is probably a fuel blockage, if it doesn't spark it's a dirty plug (unlikely), worn out condenser or magneto coil (unlikely) or dirty or badly worn points (highly likely). Some motors have the points on the outside but most have them under the alloy finned magneto cover, this is usually a very tight fit and needs to be removed with a suitable puller.

Occasionally the muffler on two-stroke motors becomes clogged with carbon and the motor won't run properly, it's a simple matter to remove muffler and clean with a wire brush and scraper. Try to run the motor at a speed which gives the least vibration, gradually increase throttle till you find the ideal setting. Always use the set in a well ventilated area away from combustible materials such as dry grass and fuel drums.

I finished our set off with a couple of coats of fire engine

Fig. 4. Mower with alternator attached.



red enamel. Feeling rather self-satisfied, I poured myself a beer and sat back to admire my handiwork. Suddenly I realised that I may have gone to a lot of work for no reason. Possibly all I had to do was to obtain a complete mower, rather than the motor and associated bits, and mount the alternator on the mower base (figure 4). I'm sure this would be possible, the only modification would be to replace the base plate with a pulley, cut a hole through the base for the alternator and make a bracket to support and adjust the alternator. Lateral thinking? You may have to remove the front wheels and replace these with a lump of wood for stability. This would in no way affect the mobility of your 'portable generating set'. For those who begrudge the small amount of fossil fuel this set uses I can see no reason why the alternator couldn't be driven by geared pedal power.

As a final thought, for those of you who need 240 volt power (up to 300 watts), occasionally you can have a Powerpak fitted to your alternator. This is fitted to the inside of the alternator by an auto-electrician (total cost is about \$300).

The main advantages of either of these sets, are utter simplicity, high charging capability with minimum fuel consumption, cheap service costs — if they are ever required.

WARNINGS

- Battery acid can cause severe burns, handle with extreme care and NEVER (not even for ten seconds) leave where kids

or animals can come in contact.

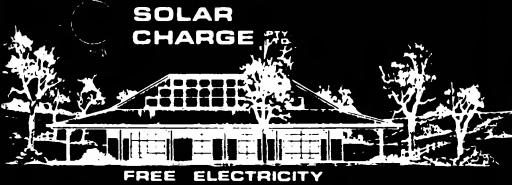
- Keep kids and animals away from revolving machinery, such as the open pulley belt on this set.
- Never run petrol or diesel engines indoors.
- Never smoke or have naked flames near batteries being charged or petrol tanks.
- Never run this set indoors.
- It is advisable to use proper battery terminal clamps on the leads from the alternator to the battery, rather than alligator clips. When a battery is being charged it produces hydrogen gas which is extremely EXPLOSIVE. Batteries are charged with the caps off to allow this to escape. If an alligator clip accidentally came off it would produce a violent spark which could result in an explosion.
- Always stop motor, turn field wire switch off and allow charged battery to stop bubbling before disconnecting charging leads.

Good luck with the project and may your lights always burn brightly.

Natural Garden Spray

Finely chop about 3 oz garlic cloves (leave skins on), pulverise in blender with 6 tablespoons of medicinal paraffin oil; pour into bowl and leave to stand for about 48 hours. Grate 1 tablespoon of an oil-based soap into 1 pint of hot water, stir until soap has melted. Add to garlic mixture. As a garden spray, use 2 tablespoons of mixture to 4 pints of water. This spray is effective against aphids, snails, cabbage moth caterpillars and mosquitoes. Spray at two-week intervals.

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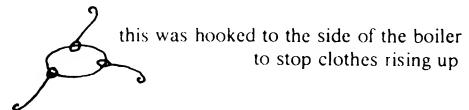
An Alternative Clothes Washer

by M. Bredillit, Cooktown, Qld.

In days gone by, before the washing machine appeared, before the alternative way of life was fashionable, we used this device to wash clothes. It was 60 percent efficient though you still had to scrub a bit on a table or washing board. The design is self explanatory.

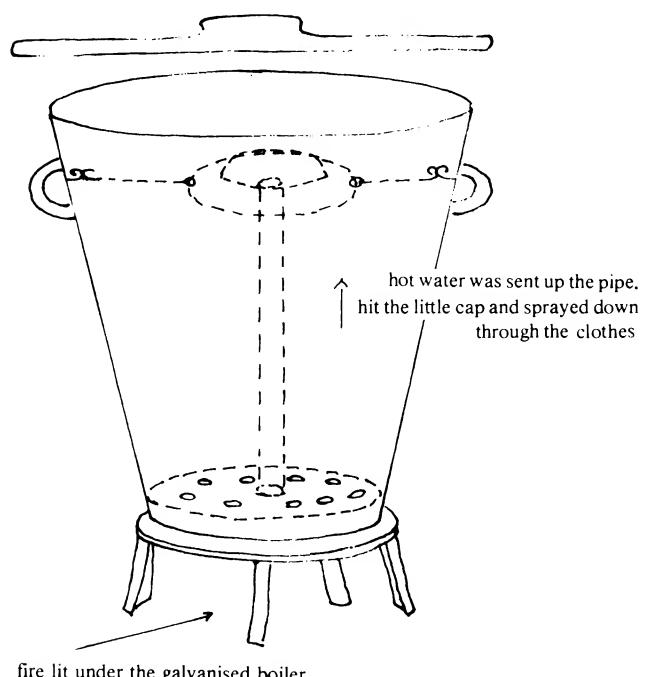
A bit of galvanised iron and solder was all that was needed for the container — a galvanised rubbish tin with the lid would be all right.

The bottom disc was like a chinese wok or a plough disc, inverted, a light pipe soldered to it, say 4 cm (1½ in) in width. A top like a saucer was put above the pipe. When a fire was lit under the galvanised boiler, the hot water was sent to the top of the pipe, hit the little cup and was sprayed with force downward through the clothes. A little gadget made out of 8 gauge wire, was hooked in loops in the side of the boiler to prevent the clothes from rising up.



The clothes were soaked overnight and then put evenly around the pipe in the boiler, with washing soda, and boiled up. A few would then be rubbed, but mostly they would only need to be rinsed.

As most of our shirts, working clothes and bed sheets were made out of marijuana fibre, they did stand a lot of hard work and washing. Only a few girls had light clothes, such as cotton or silk for fiesta. I've still got in my possession marijuana fibre bed sheets, which belonged to my great grandmother circa 1860. They must have been washed hundreds of times, with this apparatus and they are still as good as new.





Christmas on a Budget



by Julie Barbour, York, WA.

Christmas can bring real problems to many of us GR people on lower incomes. It's a real joy to give gifts to people we love, but all at once in December the budget takes aounding!

PREPARATION

One answer is to start early, about August or September if your time is restricted, and make the majority of your gifts. I've been saving ideas for some time and have long 'gift lists' to choose from, some of which I'll jot down, together with some basic techniques.

Handmade gifts are so special, and any feeling people will appreciate them. If you have the type of relative who might sniff at home-made things, buy them a T-shirt (a cheap one!). Keep a look out in magazines — long waits in a doctor's surgery are ideal for research — and swap ideas with any 'crafty' people you know.

Plan ahead — I have a \$10 allowance each week for basic materials, and I plan two or three gifts at a time so that I have all the materials to hand when I am ready to start. Collect card (the sides of old catfood cartons are ideal), material scraps, pictures, resource material (to use for designs), beads, sequins, braids, glue, tissue, or recycled wrapping.

HANDMADE GIFTS

These gifts have an emphasis on crafts usually mastered by women, mostly because they are quick and easy for the odd hour of free time. Those with access to workshops for carpentry, pottery or ceramics can expand their gift lists accordingly.

Sewing

Many of these items can be sewn up or bought cheaply and then decorated, either by machine or hand sewing on trims such as lace, braid, beads and sequins, appliqued shapes or monograms. They include: towels — from guest to bath sizes; flannels — to match; *pillowcases; *T-shirts and windcheaters (plain are about \$12.00 now); tablecloths.

If you are adept at sewing, the list is endless. When I complained that for \$17 worth of material I might as well buy a tracksuit, my friend replied that with a little care, \$17 of material could be made into a \$90 tracksuit. So you can see the possibilities.

*shows very light presents suitable for overseas.

Painting Presents

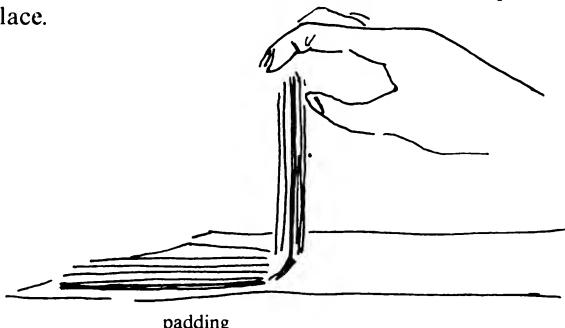
A little pot of fabric paint is under \$3; with two or three pots, a large range of designs is possible. If your talent or imagination is limited, borrow designs from old cards, wrapping paper or a magazine. Just trace, transfer and paint. Fabric paints work best in a sketchy manner, or as a stencil. Silk screening paints flow better, if you can get them. All of the above items can be decorated with fabric paints. Adding sequins can dress up a simple windcheater for evening wear. A fabric painting for the wall looks smart on calico.

Covered Articles

*Note books, tissue box covers, boxes, photo album covers, *writing folder, *photo frames are just some examples. These are good for using scraps, or else simple calico looks lovely teamed with lace and ribbon, or ribbon flowers. Use smart braid for men's articles (those who don't go much on lace!).

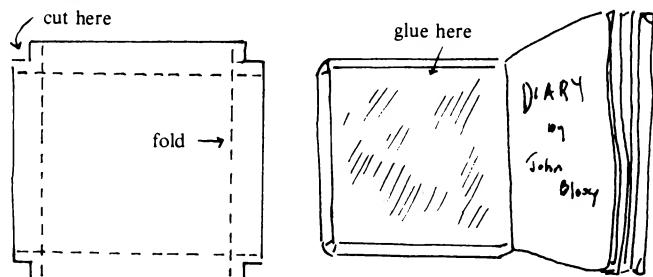
To cover a book you need: material to cover outside and inside; a thin padding — a synthetic if available, if not, cotton wool or old woollen blankets should do; fabric glue; trimming.

1. Cut the material to cover the outer surface of the book, plus an extra 3 cm all round, remember to allow ease for the book to close.
2. Cut padding the same size as the outer surface of the book — remember the ease. Glue this on one side, then onto the other, holding the glued side up at right angles.
3. Apply the material in the same fashion, leaving about 3 cm all round. Wrap and glue this as you would do a school book cover, cutting tabs for the spine and a triangle from the corner to fold it down neatly. A peg on each corner helps hold it in place.

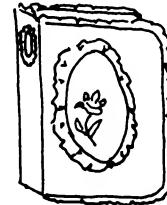
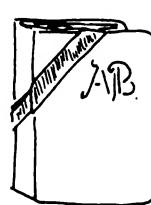


padding

4. Cut two pieces of the cover material, each the size of the inside cover, with an allowance of about 2 cm. Clip a square from the corners and iron the allowance inside. Glue this carefully to cover the raw edges inside the cover.



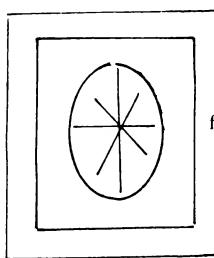
5. Trim it up however you fancy — tuck the ribbon ends under the seams and glue firmly in place.



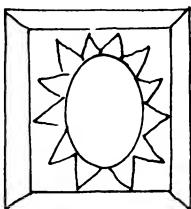
This procedure can be adapted to all the articles mentioned above.

For frames cut the card, cover with padding, then clip the centre of the picture oval on the fabric in petals to the edge, then fold carefully through the hole in the card, to get a smooth curve. Disguise with lace if it's a bit wobbly!

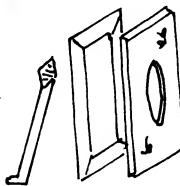
card and padding with picture hole cut



cut cover material
fold to back and glue



glue lace round here
then add backing board and stand



Then glue a backing, covered in the same way, on three sides, to the front. Leave the top edge unglued for the picture. Glue a covered stand to the back.

For the writing set use two pieces of card of a size appropriate to your paper, and use them as the book, making them up as for the note book. Use fabric pockets to hold the paper and envelopes.

Food Presents.

Good cooks know all sorts of lovely ideas. For indifferent cooks, try these.

Pickled eggs — boil eggs, peel, put in warm jar and pour hot spiced malt vinegar over.

Cheese basket — make a selection and bed them in clean dry grass, tissue paper or a serviette in a basket. Cover with cellophane.

Fruit cheese — buy a packet of fruit medley, with dried apricot, dried fruits, nuts, etc. Chop finely, or put in a blender with cream cheese, blend, place on greaseproof paper and roll in poppy seed. When serving, cut into slices. Delicious!

Hand crafted chocolates — or carob, for those who have kicked the addiction — are unsurpassed. (See Jose Robinson's article in GR 56, p 41).

Always remember to label things, unlabelled food gets treated with suspicion.

Handmade Paper

This has been covered in *Grass Roots* before. Handmade paper makes a lovely gift. Keep it thin and light, decorate with leaves and flowers pressed in when the paper is wet, or add a watermark by sewing a shape, made from tie wire, onto the mould, in the top left hand corner. The paper should cover it, but be thinner in that spot, leaving the watermark. One popular paper I made had green flecks all through it, from blended spinach I tried to colour it with! If you can get any gold or silver water colour, or fabric paint, use it to paint in your friend's monogram. Red is effective too, or navy blue on recycled aerogrammes.

Books

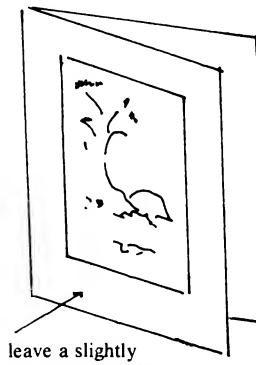
Small handmade books, written and illustrated by yourself, would be a treasure. A good idea for older children, though very acceptable to adults too (especially for the 'person with everything'). The subject could be a simple story, a poem or several poems, or simply quotes and pictures. Check at material shops for interesting paper, especially if you don't make your own, and consider purchasing a calligraphy pen. Pierce the leaves at the margin end (leaving a large margin) with a punch, and tie the book together with ribbon.

My grandmother had a book a little like our autograph book, but it was filled with beautiful drawings, tiny water colours, or pretty poems her friends had written themselves. A similar book, made from an inexpensive autograph book (covered prettily) and with some nice entries from other close friends could make a lovely 'friendship book' for someone special.

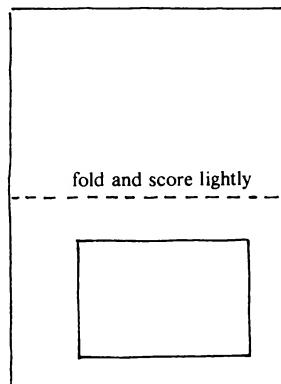
Paintings

Your own original work, or a copied design, could double as a card and present, especially for overseas. Either fold the paper, or make a floating mount, or a window mount. Pressed flowers can be used in this way, or a child's painting.

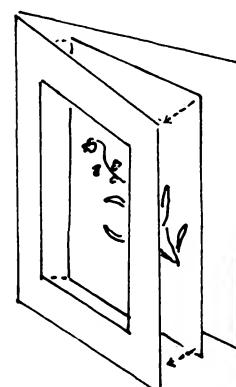
glue on front only a dab in each corner —
not all over back of picture as it will bubble



leave a slightly
larger gap at the bottom



fold and score lightly



cut window out with craft knife
glue corners only, or lightly tape

Baskets

Don't pass *any* cheap baskets, they will always be useful. Dress them up with lace and ribbon or gumnuts, line them with scraps of exotic material for trinkets, or put in a napkin liner and food, covering with cellophane. Trim them as a mini bassinette with a froth of lace and a baby doll for a little girl.

To make a basket of your own, see Jose Robinson's article in GR 62.

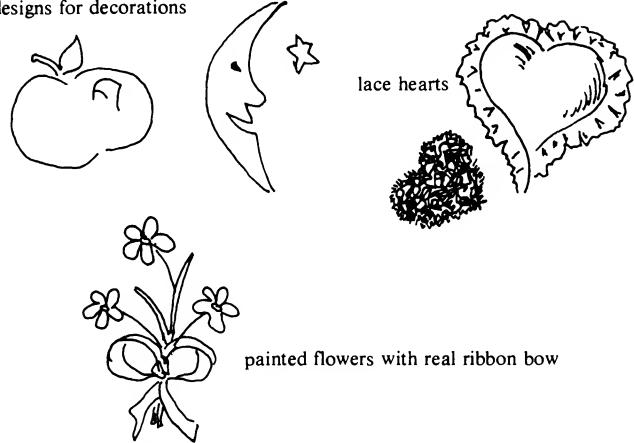
Decorated Soaps

You can carve shapes or initials into plain soaps, or make your own soap (many recipes have been in GR). Pictures can be stuck on with white glue, and painted over with clear nail polish. I'm told they stay on till the soap is used up, though I haven't tried this one yet!

Children's Gifts

These include: dressed dolls — dolls can be bought for as little as \$3 and dressed, or make rag dolls from scraps; handbags with matching hankie, another great scraps user; tote bags, for overnight stays; gypsy or soldier peg dolls — water colour paint and then varnish; kewpie doll brooches of plaited wool, with a pin sewn through the back; painted T-shirts; appliqued clothes; doll's house — a room at a time, from shoe boxes, glued together when there are enough; felt toys; books (as above).

designs for decorations



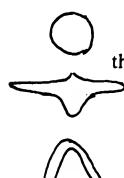
Gumnut babies and other little animals can be made from dough. This is good for making Christmas tree decorations also, such as pixies.

Ingredients: 4 cups plain flour, 1 cup cooking salt, 1½ cups water.

Method: combine in a bowl, adding a little extra flour or water if needed for a firm, pliable dough. Turn out on a floured board and knead for 4-5 minutes till smooth. Bake the ornaments at 150°C (300°F) gas/160°C (320°F) electric for 2-3 hours.

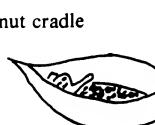
From this mixture I have made dough gumnut babies, souvenirs, boxes and animals, and sold hundreds, they are so popular and cheap to make. When they are baked, varnish them all over to keep the moisture out.

start with 3 balls of dough same size



the smaller the better with these babies

roll into shape and stick together with a lick



scrap blanket



stand the nut in dough and bake

Further Suggestions

Here's a few more ideas to be going on with: mobiles — models of your friend's hobby as a subject; pot plants; gumnut ornaments; framed lace doilies or hankies (Coles frames for about \$6); spice ropes; felt toys.

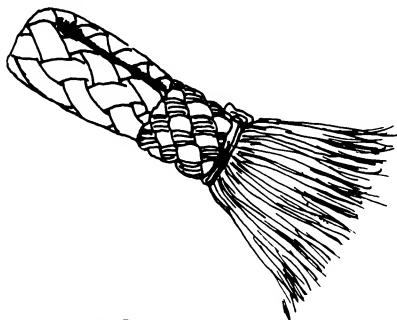
If you keep making your gifts every year, don't forget to write down what you gave to whom, so they don't get a jar of marmalade every year. Happy Christmasing!

Many thanks to Julia Flower, great chef and craftsperson (and friend!) for her continuing assistance and inspiration.



A Handmade Twine Brush

by Barbara McCrabb, Seymour, Vic.



REQUIREMENTS

Scissors, darning needle, strong cotton, two rubber rings, used ones (no. 27 Fowler are best), coarse comb or brush, nine pieces tie wire — as used for plastic bags, twine.

METHOD

Take three lengths of twine 28 in long. Plait the three lengths together in the centre for five inches. Double over and plait down to within four inches of the end (this will form the centre of the brush). Cut 24 pieces 24 in long. Plait six together, double in the centre and plait down leaving enough for brush at the end. (You will have four plaits.) Place one plait at each side of centre piece and stitch in place with strong cotton; then take other two plaits and stitch on opposite sides.

Cut 30 pieces at least 30 in long. With brush end and twine ends level at bottom, place these roughly lengthwise around the centre you have just made, holding with two rubber rings (one approximately where the brush will begin and the other where the loop for the hanger begins). Wind a full length of twine very tightly around the 30 pieces, between the rubber rings, and secure the end. Bring the 30 pieces down over the centre piece. These pieces are plaited in groups of three, taking the first three forward, the next three back, three forward, three back and under, working around the brush all the time. Use a rubber ring to hold the work as you go. Plait down to where the brush begins (use old rubber rings for this).

To finish off, cut one length of twine 24 in long and one 48 in long. Double the 48-in piece and place the 24-in piece in centre and plait them together. Fold this plait two or three times around where you have just finished plaiting and roll the rest round and round (forming a rosette) to finish off. Stitch in place, using strong cotton. Now comb out brush end section and cut level on bottom to complete twine brush.

Rubber Tyre Tomatoes

Growing tomatoes can be a difficult undertaking when your plants have to cope with less than ideal conditions — wind, rain or a cool climate. But here's an idea that may make life easier for you and your tomatoes: you can combine old car tyres with clear plastic wrap (drycleaning bags are ideal, if you are lucky enough to have any around) to make a combination greenhouse/wind protector that provides conditions just right for tomato production.

First, mark out a circle on the ground where each tyre is to go, then work a good quantity of compost and organic fertiliser deeply into the soil inside the circle. Next, scoop out a shallow circular depression (3-4 cm in depth) for the tyre to sit in. Plant two or three seeds 1 cm deep in the centre (thin out later to leave the strongest plant). If you're transplanting seedlings, bury them up to the first set of leaves. Place the tyre around your planting so that it sits firmly in the depression you've made for it. Then fill the inside bottom of the rim to overflowing with water (but don't get too much on the plants or seeds).

Next, cover the tyre with a big piece of scrap plastic (your drycleaning bag, remember?), and tuck the edges in underneath the tyre. Firm the soil up around the outside of the tyre both to help hold the plastic in place and to provide additional insulation. And that's all you need to do! Your enclosure does the rest, providing protection against garden pests, a wind-break, and a mini-greenhouse. As long as the plastic is intact, you'll need to add very little water . . . but make sure you check regularly that there's enough.

GARDENING TIPS

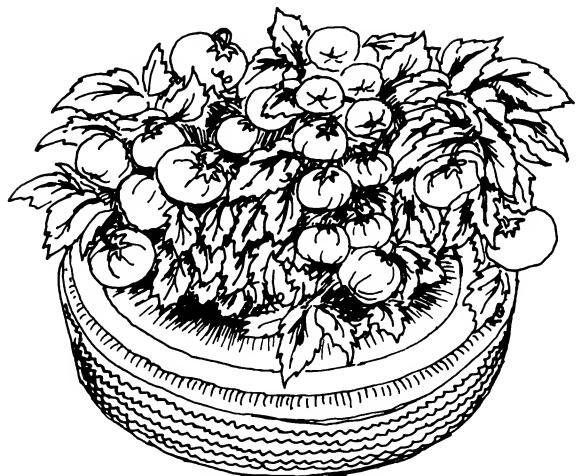
Getting parsley seeds to germinate can be tricky. Try soaking overnight in a vacuum flask of almost boiling water. Another method is to pour boiling water along the row after the seed has been sown. This has the advantage of killing any weeds which are starting to sprout.

To carry a cutting safely from one garden to another, put it in a polythene bag, blow the bag full of air, twist and close the top. Surrounded by slightly moist air, the cutting won't dry out. And it is protected from knocks.

Cut in rings, the cardboard centres of toilet-paper rolls and paper-towel rolls make ideal pots for seedlings. Stand them on a waterproof tray, fill them with earth, and put in the seeds. When the time comes for planting outside, slide an old kitchen spatula underneath each pot and slip the seedling, pot and all, in the hole. The cardboard will rot in the ground.

Plant outdoor bulbs of all kinds at three times their own depth. They will then get the moisture they need to do well year after year.

Comfrey has a chemical composition that makes it an excellent compost enricher. Its high natural calcium and nitrogen content are similar to that of fowl manure, and it will quickly decompose, which is invaluable in the compost bin. Chop the leaves and stalks and mix through your pile, adding a layer of dolomite alternately with a layer of sandy soil.



When the plant reaches the top of the enclosure, just take off the plastic, stack a second tyre on top of the first, and put the plastic back over the whole thing. With most varieties this will be enough, but for particularly tall plants you may find you need to add a third tyre on top of the second. (There should be a ready supply of these at your local service station or tyre repair place. They'll probably be glad to get rid of them!) When blossoms appear, remove the covering so the bees can get at them. As the plant begins to bear fruit, the double tyre 'trellis' holds the fruit off the ground and prevents rot.

Deliciously simple, isn't it? And the tomatoes will be simply delicious!

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A Guide for Hay Quality Assessment

by R.N. Glencross, Senior Adviser, Pasture Agronomy, Department of Agriculture (WA).

Excellent quality hay has few substitutes, especially on economic grounds, for its feed value. Anyone can make hay, but the value of quality hay as stock feed is determined mainly by management. Components of quality most important for production are digestibility (the available energy) and protein content, both of which can be influenced by the three main factors on which quality depends:

1. The composition of the pasture or crop.
2. The stage of maturity when cut.
3. The care and attention given to haymaking from cutting to storage.

COMPOSITION

A high legume content is essential for excellent hay. It ensures a high protein content, enables higher digestibility at later stages of maturity and it is generally more acceptable to animals. However, it is more difficult to process or make hay from pasture with a high clover content. Well-made grass hay can have very high digestibility but would have lower protein.

STAGE OF MATURITY

Equally critical is the stage of maturity of the pasture or crop. There are two facets to this factor. Firstly, the time of the year — plants go through a leafy highly nutritious stage to a stemmy reproductive phase of much inferior nutritive value to animals. There is then a critical best stage to make a smaller amount of excellent hay, a moderate amount of good hay or a larger amount of poor hay. This decision is often gauged by the weather conditions, hence the latter is most common. The stages to get the best balance of amount (quantity) and nutritive value (quality) are: clover — mid flowering; grasses — 'boot stage' — early flowering; cereals — milky stage of grain. Good timing will maximise the yield.



This seasonal stage can be modified by management. Grazing pasture delays this stemmy development, hence a well grazed pasture, one that has only been let regrow for 6-8 weeks, makes very high quality hay. The second factor is this length of regrowth period.

EFFECTIVE PROCESSING

The aim in making hay is to halt the natural processes of maturity which use the important nutrients needed by animals. Drying is the preserving mechanism. Plants have 80 percent or more moisture and this has to be reduced to about 40 percent to stop losses due to respiration. It cannot be stored until drying is down to about 25 percent to prevent losses from mould development. However, if it is dried too much, mechanical losses — leaf loss when the hay is brittle — lowers the quality drastically. If the curing process is too long, hay loses colour and becomes straw coloured. Poor conditions — rain and moisture — also leach out some of the valuable nutrients and reduce the quality.

GUIDE FOR HAY QUALITY (Meadow Hay)

Ranking	Quality		Description
	Digestibility %	Protein %	
Excellent	70-75	15-20	High clover content — leafy. Early cut — mid flowering of clovers, early flowering in grasses. Well cured with little or no weather damage. Green colour, leaf entire. Soft feel, free from mould — sweet smell, not musty.
Good	65-70	12-15	Good clover content (50%). Early cut — leaf, some seedheads. Cured with slight weather damage. Leafy and slightly green.
Fair	60-65	10-12	Low clover content. Early cut but damaged or long curing period — weather damaged, musty, slightly mouldy, pale green/straw colour.
Poor	50-60	8-10	Later cut, but not over mature, stemmy — seed heads fully out. Little or no clover. Early hay — severely damaged. Later hay — some weather damage. Very late — stemmy, slightly seedy.
Bad	Under 50	Under 8	Little or no green colour. Hay of all kinds cut at any stage of maturity but so severely damaged by weather and sweating to be musty, mouldy, badly stained, severely bleached or discoloured. Extremely over mature hay — stemmy and seedy.

WELL, THEY DIDN'T TAKE THE KITCHEN SINK

by Christine Taylor, Black Forest, SA.

No, they didn't take the spare sink we had in the shed, but they took just about everything else. We've been broken into. Have you? It's a nasty feeling.

We have a shack about two hours from the city. We go there nearly every weekend, and sometimes during the week. We have had the block for seven years so we have fitted it out with all sorts of items that make living comfortable and with enough tinned food so we are not reliant on the corner shop. As a friend remarked, in the city you often have things you only use occasionally but anything you have up there is there because you need to use it there.

When we got there on Saturday last we discovered that someone had broken in and taken just about everything that was saleable. They left the furniture but took the continental quilt and its cover. They took all the tinned food and any packets that had not been opened. Fortunately we had an opened tin of coffee and some tea bags and fortunately we had brought up some perishable food, as we usually do, otherwise we would have had to go hungry.

It is just lucky that we had taken a gas bottle back to be filled or we would have had no way of cooking, as they took all the gas bottles including the ones we were using. They cut the pipe to the stove but not the one on the fridge, probably as it had a metal covered pipe. By using the pipe and regulator from the fridge and the bottle we had brought, we could still boil the kettle.

It is also fortunate that we have a 12-volt battery supply for our lights, as they took both the gas lamps. I did not keep candles up there in case the power failed, we had the gas lamps for that purpose. I will have to take some candles up now, in case it happens again when the batteries are flat.

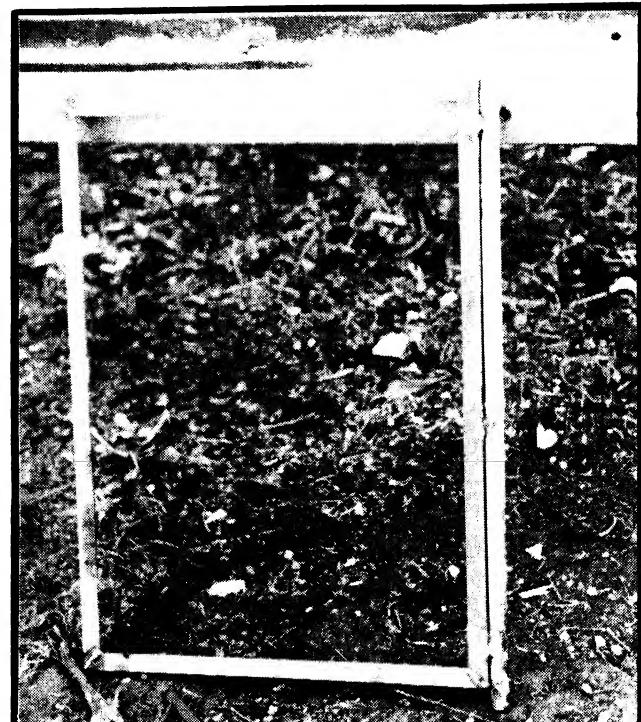
We realise that having a place that is fairly remote from other people means that you have to be careful about security, but I doubt if too many others have gone to as much bother as we have to make it difficult, and still they got in.

Our shack is clad with galvanised iron and over all the windows we have steel framed iron clad shutters that are bolted from inside before we leave each time. In fact, in case others may like to copy what we have done, here is a sketch of the shutters, and a photograph of one before it had its iron cladding on it. (figure 1 and photo 1).

The shutter frame is welded to a length of 13 mm (½ in) water pipe with 13 mm (½ in) steel pins top and bottom on which it pivots. These pivot pins are secured with two coach bolts into the frame of the shack. There is a pivoted bolt on the other side that goes through the wall and has a steel nut wound on from the inside when it is shut. When it is open the shutter is held open with a hook and eye. It is a nuisance to have to go round and lock the shutters before we leave but it looks as though we will have to keep on doing it.

Both our doors had deadlocks on them that need a key to open them from inside as well as from outside. We lock one door from the inside and the other from the outside as we leave, but still they got in!

Photo 2 shows the welded steel frame of the door my



Steel frame of shutter welded to length of water pipe before the iron cladding is attached.

husband made as the new door in the extension we added to the original shack. As you can see, the edges of the frame are turned inward so the door fits neatly into a doorframe that also has in-turning edges. The frame is clad with galvanised iron and fitted with a deadlock but also has an extra lock so we can open and close it without a key when we stay there. This door opens inward.

The door the burglars broke in through was actually the door from the original shack which opens outward. To refit it we had to cut a hole in the outer wall and reframe the opening. Unfortunately this door had the angle iron of the frame assembled so that there was a lip that sat over the frame in the wall. This lip allowed the burglars to use a jemmy to break the deadlock and steel bar that we used to close it when we wanted to go in and out without a key.

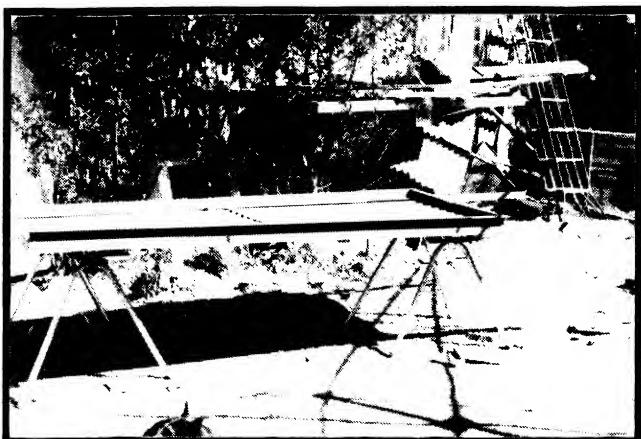
When we got up there on Saturday and discovered the break-in we could not have turned around and come straight home, though we certainly felt inclined to do so. We had to stay long enough to repair the damage the burglars had done and to replace the locks on the door. We now have a very large and heavy padbolt instead of a lock. Without new locks the shack would have been wide open till we went up next time.

With hindsight we can see that perhaps we were silly to have keys to the storage shed and the tank inside the shack. We did it that way so that, if any of the family wanted to use the shack, we did not have to give them a great bunch of keys. They had the front door key and the others were inside. I guess we won't do it that way any more, though it seemed sensible at the time. Of course we have had to replace all

those keys, too, which adds to the expense as well as to the

In one respect we were lucky. The burglars only took things, they did not wantonly destroy anything, nor did they tamper with the battery or the tanks though they had access to them because of the keys they found. I know others have not been this fortunate and have found a mess as well as a burglary.

Let our experience be a lesson. No matter how far away you are there are some people who will steal from you. Make yourself as secure as you can even though it is a nuisance.



Door with welded steel frame, showing in-turning edges for added security.



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Natural Goat Care

by Pat Coleby, Garfield, Vic.

This article always goes to press some time after being written (which on the face of it sounds obvious), meaning that I write about what is happening on the farm now — August 1987 — but it probably does not reach the public until a couple of months later. However, you'll have to bear some observations on kidding — it is many issues since I wrote on it originally.

Over the years I have established without doubt that when kids are born early there is something wrong, usually a nutritional problem, occasionally a breeding trauma or merely as the result of general ill health, which can include CAE. This year I acquired a buck who was obviously on the way out, but I hoped at least to get a few does in kid to him in the hopes of salvaging something from the wreck — he carried some excellent and nearly extinct bloodlines. I put him over three does, one returned, but 'clicked' quite normally when put to one of the healthy bucks, one is due to kid in seven days time and looks very well, the third kidded five weeks early.

At the time I was somewhat astonished to hear what seemed to be imminent kidding noises while I was milking — grunts, mutterings and floorscrapings — but quite obviously the doe was going into labour. After about half an hour, when nothing else had happened and she was obviously trying to have the kids, I scrubbed up, and that means just that — a really good scrub with a mild disinfectant, short nails and sleeves rolled up over the elbow, having first checked that I had no abrasions on my right hand that I always use. If there had been, an elbow length rubber glove would have been the last requirement.

I found the first kid sitting up backwards, but what really caused concern was that the birth appeared to be 'dry' — no amniotic fluid to help everything slide nice and easily. In cases like that some good mild soft soap is better than nothing, but I do have some special lubricating fluid which is obtainable from any veterinary supplier. Having extracted the first kid, weighing nearly three kilos, dying and deformed, I got out two more of similar weight and condition — they were obviously premature as the feet were not completely developed, so I was profoundly thankful that nature had said it was time to get rid of the disasters. Had they gone full term there would have been every likelihood of the doe being damaged beyond repair, as their size was already that of full term kids, five weeks early. There was no sign of any afterbirth, nor did the kids seem to have the normal placentas. As the doe's previous kidding was completely healthy and she has not got CAE, I can only assume that the buck was badly diseased and this caused the mess.

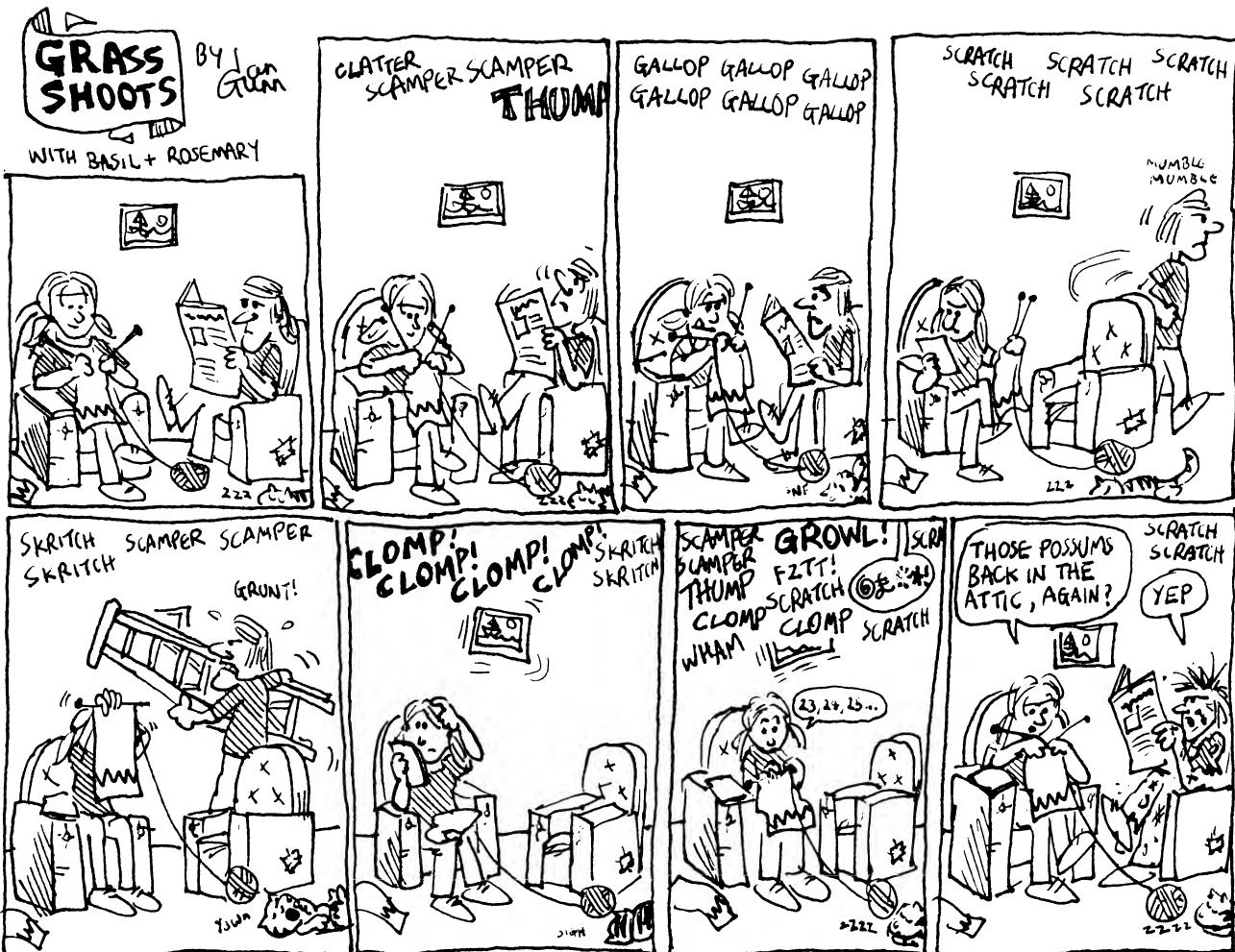
As a precautionary measure she will have to be swabbed when next in season before she is put to a healthy buck. The lack of afterbirth never worries me unduly, she ate her supper up, her milk is rising steadily and she seems in excellent health. However, as with any manual delivery, she received 10 cc of injected vitamin C immediately after the birth (as well as the normal worm drench and 2 cc vitamin B12), and I continued the injections for three days, changing to a heaped teaspoon of sodium ascorbate powder for the ensuing six

days. By that time all risk of septicaemia should be past, and indeed she has never showed the slightest sign of distress.

Breech births are not very common, therefore people tend to panic when they meet one. If, within half an hour of the first sign of mucus showing, nothing has happened at all, just insert two fingers into the cervix. If there is no sign of either feet or a nose, scrub up and investigate. The usual breech means that the hindquarters are presented with the legs facing forward along the body; it is very difficult to extract a kid tail first. It is best to slide the hand under the body and bring the hind legs back. They should be carefully straightened so they are not bent as they go through the cervix as this can lead to damage. Shutting one's eyes as one gently manipulates the kid into a position where it can be delivered easily seems to help, enabling one to see with the fingers as it were. The breech birth that requires a little more action is when one is presented with the middle of the kid's back, with all four legs and head facing the front of the doe. Take your time and gently turn the kid like a somersault forward until the back legs can be held and manipulated as suggested above. It is always better and easier for kids to be born the right way up, not on their backs. Always keep the doe standing up if possible, because that way there is the maximum room for withdrawing the kid(s).

Since writing the last article for GR 63 my winter-running-through milkers have been quite steadily improving in their milk. Not the usual state of affairs in July. I have been on this farm now 2½ years, and until about six weeks ago I have been regularly topping up the seaweed meal container every single day; while they ate it up each time I realised that they were still not getting the minerals they needed from the farm. It's been an expensive process that has taken the edge off the milk cheque. However it now appears that I am getting a little nearer to my goal, where the bulk of their feed will come off the farm, and they will regard the seaweed meal as something to eat occasionally, not hoe into every day as though they were starving. I feel that it will take five years to get the farm completely right, though it will not just stay that way without applications of humus (in the form of goat manure) and regular annual runs with the soil conditioner. This was the stage that my previous farm had reached after 5 years.

At present I am threequarters of the way through doing the farm with the conditioner, a process that is taking half as long as it did originally. It never ceases to amaze me how much difference one run with the implement can make. The first time the compaction is always such that the conditioner cannot be pulled for more than 30 metres or even less without backing up and lifting it out, but the following year I am able to do runs from one end of the paddock (always with the contours) to the other without getting stuck at all. The first year the maximum depth reached should not be more than 28 centimetres, usually one is lucky to get it in 14 centimetres, but by the second year it goes in to a depth of 35 centimetres quite easily, the micro-organisms in the soil have benefited from the aeration and better water flow, enabling the roots of the plants to go deeper with the resultant benefit of more



minerals in the plants themselves. Apparently this is now happening and the goats (and horses who regularly came into the goat house to raid the seaweed trough too) are no longer depending on the seaweed as their only mineral supply.

Like everyone else I'm 'catching' kids and rearing them on pasteurised goats' milk, starting the process with cows' colostrum from a healthy cow. I pasteurised goats' colostrum last year, but the resultant mess didn't inspire me much, too overcooked. I'm not entirely happy with the method, but there's no other course open to us for a while. I'm adding a little A, D and E powder to the milk twice a week, about a teaspoon per kid, half a teaspoon of sodium ascorbate in the milk for the first couple of days, and three ml of Nutrimol (which is a form of liquified seaweed meal) three times a week for each kid. I hope this will take care of incipient cobalt and selenium shortfalls which have been a problem the two previous years here. So much so that I lost many of the kids the first year, only realising that it was the farm when kids sent elsewhere did very well indeed.

We have to put up with what we can buy from the feed merchant in the way of barley or oats, chaff and bran. Almost certainly grown with super, and equally probably grown on unbalanced depleted soil. However we can usually exercise some choice in the hay we buy. The first year in a district is difficult until one begins to know the farmers and the methods they use. I have been able to buy reasonably good quality hay this last year, and that has undoubtedly helped, because the

milk has not dropped drastically whenever there have been rainy days. I try to buy it from people who, like me, are using minerals, and also put out their cattle slurry, or light dustings of chook manure. There is always unfortunately rather too much very poor quality hay available, but goats very soon let one know if it gets into their hay racks!

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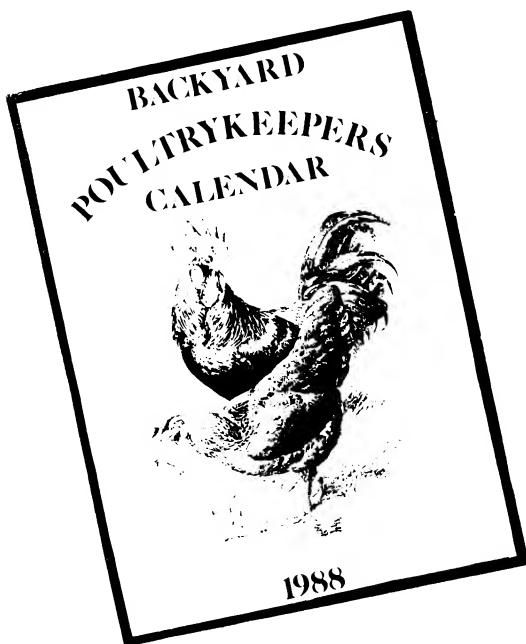


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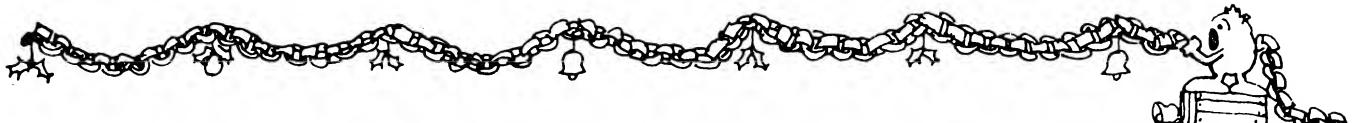
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GRASS ROOTS BOOK NEWS

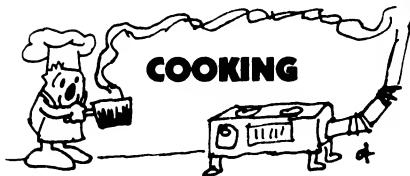
December, 1987

Reading for Independent Living

Once again the Christmas *Book News* is made up of old favourites — all the books that have been popular with readers during the past year. Choosing them has been a great pleasure for me, because they all seem like old friends now. It also gave me the chance to think back over the past year, my first with *Grass Roots*, and realise just how much I've learnt in such a short time. It's been a wonderful experience, getting to know the production team here and the wider GR family, as well as developing new skills and ideas.

I hope my second year here will be just as productive and enjoyable as the first. May you all have a wonderful Christmas, with time for lots of relaxing (and reading, of course!) and look forward to a new year in which your dreams come closer to realisation.

Best wishes,
Kath.



KIDS IN THE KITCHEN — V. Leng and J. Ryles. Soft cover, 144 pp, Aust. RRP \$12.95.

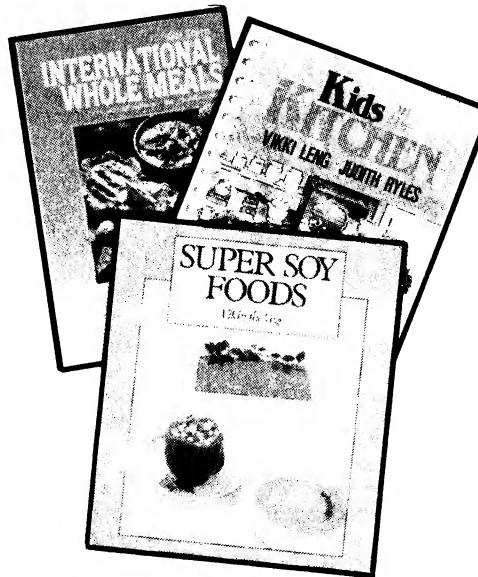
Another delightful book from Vikki the Vego and friend! This one introduces kids to the joys of cooking their own food, as well as giving them lots of helpful hints on nutrition, hygiene and kitchen safety. There is a wonderful variety of deliciously healthy snacks and main meals to choose from, and most can be made by the kids without (much!) adult help. A great way to start them off.

HOME WINEMAKERS RECIPES — D.T. McKechnie. Soft cover, 80 pp, NZ, RRP \$5.95.

The ideal book for those who believe in the good things of life, but don't want to pay for the commercial product. Here's how to make your own wines, from fruit, vegetables and an amazing variety of other ingredients. Each process is outlined clearly and there are lots of helpful hints and problem-solving techniques. Basil and Rosemary would approve!

HEALTHY EATS IN AUSTRALIA — Gail Brown. Soft cover, 112 pp, Aust. RRP \$9.95.

The first guide to Australian vegetarian and wholefood restaurants, this is an extensive though not comprehensive listing of health food eateries around the country. Descriptions of each place include details of hours, special dishes and some indication of prices. Includes representative recipes, but does not cover many country places or Tasmania. Otherwise very useful for travellers.



INTERNATIONAL WHOLE MEALS — Gai Stern. Soft cover, 191 pp. Aust. RRP \$9.95.

Here's a book full of tasty, nourishing and healthy meals from all around the world, something to tempt the palate, delight the senses and nourish the body — all at once! Try Finnish buckwheat pancakes, Greek spinach pie or Japanese sesame beans, to name just a few. There are so many simply delicious recipes here you'll be busy for months!

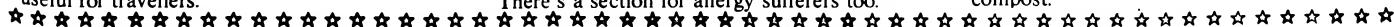
BREAD ON THE RISE — Pamela Robertson. Soft cover, 103 pp. Aust. RRP \$16.95.

You can almost smell the wonderful aroma of new baked bread as you open this book and read about how easy it is to produce delicious loaves, buns and plait. By following the simple directions, you'll soon be ready to experiment with different shapes, add interesting flavours, even let the kids make up their own recipes. There's a section for allergy sufferers too.



ESTHER DEANS' GARDENING BOOK: GROWING WITHOUT DIGGING — Esther Deans. HardCover, 50 pp, Aust. RRP \$9.95.

Esther Deans is famous throughout Australia for her techniques of gardening without digging. This inspiring book clearly explains her remarkable method of layering newspaper, lucerne, hay, straw and compost to produce a health-giving vegetable garden. There are many colour photographs, and chapters on seed selection by the pendulum method, companion planting and pest control, comfrey and herbs, fertilising and compost.





A GUIDE TO ORGANIC GARDENING

— Michael Roads. Soft cover, 87 pp, Aust. RRP \$4.95.

A Guide to Organic Gardening describes to the average gardener how to grow their own vegetables, fruit trees, shrubs, flowers and lawn without chemical fertilisers or poisonous sprays. Chapters include improving the soil, mulch, natural fertilisers, companion plants, pest control, home-made sprays and handy gardening hints.

SAFER PEST CONTROL FOR AUSTRALIAN HOMES AND GARDENS

— Paul Rogers. Soft cover, 160 pp, Aust. RRP \$9.95.

Do we want to keep on poisoning ourselves and our world? With increasing evidence of the dangers of using household and garden pesticides, this book should prove very useful. After describing in alarming detail the harm these chemicals do to human users and their environment, the author lists a variety of alternative approaches to pest control. He explains how to use biological control, how to change the environment and how to choose the least harmful pesticides as a last resort. There is an alphabetical list of common pests and what to do about them, and a section explaining how to make your own safe pesticides. Alarming and informative reading.

CREATING YOUR OWN PERIOD GARDEN

— Peter Cuffley. Soft cover, 176 pp, Aust. RRP \$9.95.

Peter Cuffley provides a step-by-step plan, based on a thorough knowledge of Australia's gardening heritage, for restoring an old garden to its former splendour or creating a new one in the traditional style. The book covers research and preparation, trees, paths, garden buildings and furniture as well as comprehensive lists of suitable plants and their requirements.



COMPANION PLANTING IN AUSTRALIA

— Brenda Little. Hard cover, 94 pp, Aust. RRP \$9.95.

This lovely book is filled with practical information on what grows best next to what. The author feels one of the best aspects of companion planting is the way it puts fun back into gardening. It can be fun deciding where to grow different plants and it's most rewarding to see the corn flourish when grown next to pumpkins, or lettuce with carrots, or onions with...

THE COTTAGE GARDEN REVIVED

— Trevor Nottle. Soft cover, 104 pp, Aust. RRP \$10.95.

Trevor Nottle tells you how to start thinking like a nineteenth century gardener, then details what to do to the front garden, side and back gardens, verandahs and sheds to recreate the right old-fashioned effect. There is lots of information about what trees and flowers to choose, even what vegetables to grow. And there are comprehensive lists of plants common to nineteenth century gardens, with suggestions on where to obtain them. Ideal for the nostalgic.

HANDBOOK ON COMPOSTING AND THE BIO-DYNAMIC PREPARATIONS

— G. Corrin. Soft cover, 34 pp, UK, RRP \$3.00.

This little booklet will be useful for all those who want to learn more about the methods of bio-dynamic growing. It describes how to make properly balanced compost and the correct way to produce and use the various preparations based on the ideas of Rudolf Steiner.

HARVESTING THE SUBURBS

— Jeff Hodges. Soft cover, 110 pp, Aust. RRP \$11.95.

Harvesting the Suburbs is a practical book that outlines a simple and natural approach to back-yard gardening. The author discusses and clearly illustrates techniques that enable the gardener to do without chemical fertilisers and to develop a natural ecosystem. This inspiring and instructive book will excite all those who are in touch with nature.



LOCKER HOOKING

— L. Peguero. Soft cover, 47 pp, Aust. RRP \$11.95.

A simple wool-hooking technique for making rugs, wall hangings, jackets and other items, using a special locker needle hook to draw fibre through squares of rug canvas. The beauty of this technique is that you can work directly from the fleece rather than spin the wool first. The author explains the exciting and rewarding projects that can be made using this easy-to-learn and inexpensive technique.

CREATING GIFTS FROM THE AUSTRALIAN BUSH

— Ann Neate. Soft cover, 50 pp, Aust. RRP \$4.95.

Wonderful gift ideas — jewellery, hair combs, photograph frames and other delightful crafts — all incorporating materials that are readily obtainable in our own back yards. The craft projects are easy to make and provide a source of inspiration for craft enthusiasts. Would make a lovely gift in itself.

CREATIVE FELTMaking

— Kay Donald. Soft cover, 72 pp, Aust. RRP \$5.95.

Creative Feltmaking outlines how easy felt is to make. The author explains the feltmaking process very clearly and tells how to avoid possible problems. There is also information on decorating felt, extending the basic technique so you can work in the round to make berets, hats and even seamless garments.

TOYS TO MAKE

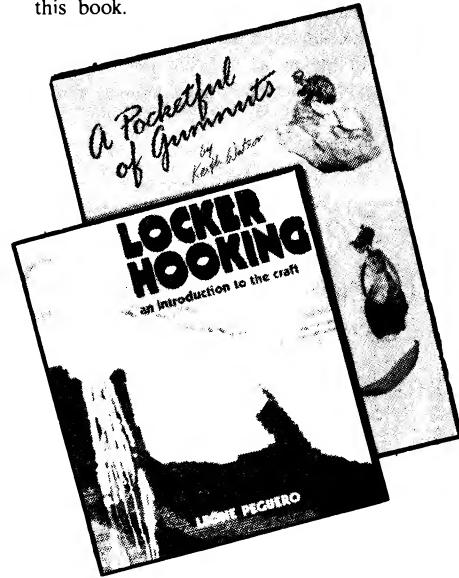
— S. Esdale & A. Sanderson. Soft cover, 136 pp, Aust. RRP \$12.95.

Here is a wonderful range of toys — rattles, dolls, mobiles, blocks, puppets (and a few that defy description, but look great fun!) — for children of all ages and tastes. They are easy to make, often from recycled materials, educational, and should provide hours of fun for the whole family.

A POCKETFUL OF GUMNUTS

— K. Watson. Soft cover, 44 pp, Aust. RRP \$12.95.

This is a delightful book, full of amazing ideas for creating figures of animals and people from fruits and seeds of the Australian bush. Keith's instructions are clear and detailed, and the colour photographs really bring his creations to life. There is a list of materials needed, as well as a selection of useful tips on tools and equipment. Anyone who enjoys making things by the 'fiddle and glue' method will appreciate this book.



POTPOURRI AND PERFUMERY FROM AUSTRALIAN GARDENS

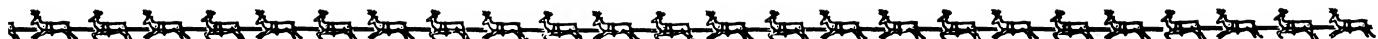
— Denise Greig. Hard cover, 80 pp, Aust. RRP \$9.95.

Do you want to make your own Christmas presents this year? Try this little book with its lovely, sweet smelling ideas for a change. The recipes are easy and simple and many of the ingredients can be found in the Australian garden; especially now with our resurrection of the old fashioned cottage and herb gardens. The reader will find recipes for making potpourri sachets, herb pillows, beauty baths, fragrant teas and wines and much, much more.

THE ASHFORD BOOK OF SPINNING

— Anne Field. Soft cover, 152 pp, Aust. RRP \$22.95.

Here are straightforward directions for learning to spin on an Ashford horizontal wheel, though the information should be applicable to most other types of spinning wheel. Explanations are clear and well illustrated, taking the reader step by step through the basic processes of choosing a fleece and a wheel, carding, spinning and plying the wool. Other chapters cover dyeing, felting and knitting with handspun wool. A very useful beginner's guide.



AUSTRALIAN MEDICINAL PLANTS — E.V. Lassak & T. McCarthy. Hardcover, 240pp, Aust. RRP \$32.95.

This book contains a clear description of plants and their various medicinal properties used by both the Aborigines and early settlers. Uses of these plants include narcotics and painkillers, antiseptics and bactericides to treat headaches, colds, fevers, skin disorders and to aid digestion and elimination. Also contained is a valuable table of plant uses and numerous colour photographs to facilitate identification. For anyone interested in natural healing.

SAFE NATURAL REMEDIES FOR DISCOMFORTS OF PREGNANCY — Coalition for the Medical Rights of Women. Soft cover, 29 pp, Aust. RRP \$3.95.

Anyone concerned about maintaining the health of the unborn child will want a copy of this book. It lists ways of preventing as well as treating common pregnancy problems — backache, constipation, cramps, oedema, morning sickness and so on. Advice on safe and not so safe medication is also included.

SELF HEALING: CHINESE EXERCISES FOR HEALTH AND LONGEVITY — Erle Montaigue. Soft cover, 80 pp, Aust. RRP \$6.95.

Erle Montaigue, recognised world wide for his expertise in this field, presents an outline of the main methods of Chinese healing exercise. He begins with the practice of meditation and takes the reader step-by-step through the basic techniques of breathing, movement and healing postures of various disciplines. Very useful as an introduction to Chinese healing techniques.

EVERYGIRL — D. Llewellyn Jones & S. Abraham. Soft cover, 168 pp, Aust. RRP \$12.95.

Everygirl is designed to help adolescent girls come to terms with the physical, psychological and social changes they are experiencing. Written in a style and format that young women can relate to, this book discusses not only gynaecological facts and fallacies, but also looks at diet, skin care, and social and sexual behaviour. The chapters include menstruation, eating behaviour, preventing unwanted pregnancy, sexual assault, learning about sex, medical problems and puberty and adolescence.

NATURAL SKIN CARE — Cherie de Haas. Soft cover, 163 pp, Aust. RRP \$9.95.

A down-to-earth and thorough guide to the health of your skin. The author covers skin and hair care with natural preparations, but goes much further. She also discusses health from within — maintaining the body in tiptop shape by a good diet, exercise and such methods as acupuncture, reflexology and aromatherapy. And it's not just for women — any man would appreciate the soothing bricklayers balm on sore hands!



WHAT'S WRONG WITH YOU? — D. Hall. Soft cover, 220 pp, Aust. RRP \$17.95.

In this book Dorothy Hall explains the basic principles of wholistic medicine. Different parts of the body and their functions are discussed in detail, together with information on what can go wrong and how natural therapies will prevent or alleviate a wide range of common illnesses. *What's Wrong With You?* is an invaluable book to help you take more responsibility for your own health.

FOCUS ON CRYSTALS — Edmund Harold. Soft cover, 160 pp, Aust. RRP \$12.95.

The ideal book for those who are interested in the healing properties of crystals. From long lost knowledge of ancient civilisations to recent scientific discoveries, the author shows how the psychic properties of crystals can be used to achieve health and harmony within the human body and spirit.



LIFETIMES — Bryan Mellanie and Robert Ingpen. Hardcover, 38 pp, Aust. RRP \$9.95.

Death is a very natural aspect of life, yet it is rarely discussed or understood. To help us understand that dying is as much a part of living as being born, *Lifetimes* talks about living, ageing, and death in very simple language that even young children will understand. This book is beautifully illustrated and is important reading for all children and their parents.

SCIENCEWORKS (Aust. edition) — Ontario Science Centre. Soft cover, 86 pp, Aust. RRP \$9.95.

If you want to know how to make a solar speedometer, see round corners, find out why an iceberg floats, or amaze your friends with 'magic' tricks, this is the book you need. It has lots of fun things to do, and each experiment is accompanied by a clear explanation of what happens and why. Only simple equipment is needed, so these experiments can easily be done at home. Have fun while you learn.

SNAKES AND LADDERS — Robin Klein. Soft cover, 77 pp, Aust. RRP \$6.95.

A collection of entertaining verses about REAL situations that kids can relate to — cleaning under the bed, babysitting grandma, kicking the winning goal or coping with nagging parents. Fun to read to yourself or share with a friend. And you might recognise yourself in some of the illustrations!

THE PRE-SCHOOL CRAFT BOOK — T. Martin. Soft cover, 64 pp, Aust. RRP \$5.95.

The 83 different craft projects outlined in this book are ideal for young children. They are easy to make so the child won't become bored but will derive much pleasure from seeing the finished product. Nearly all the materials used in these projects can be found in the house — egg cartons, scrap paper, noodles and string.

PETS FOR KIDS — J. Casey. Soft cover, 49 pp, Aust. RRP \$4.95.

ENERGY FOR KIDS — E. Honey and G. Tippett. Soft cover, 56 pp, Aust. RRP \$4.95.

OUTDOORS FOR KIDS — B. McKinlay. Soft cover, 56 pp, Aust. RRP \$4.95.

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GARDENING FOR KIDS — B. McKinlay. Soft cover, 56 pp, Aust. RRP \$4.95.

This series is full of information and activities designed to help kids find out for themselves about forms of energy, seasons and weather, food and nutrition, caring for pets and the wonder of growing things. They should stimulate the imagination of young readers and make scientific learning fun.

SWEET DREAMS AND MONSTERS — Peter Mayle. Soft cover, 32 pp, Aust. RRP \$7.95.

Designed to reassure all those children who've ever had a bad dream, this book explains in simple language what happens when we sleep, how our brains keep working as our subconscious makes sense of all the day's experiences. Kids will love the illustrations too — all the monsters you've ever imagined!



ENERGY WORKS! — Keith Smith. Soft cover, 211 pp, Aust. RRP \$19.95.

An Australian guide to setting up and maintaining a reliable, pollution-free and economic electric system, it shows how to make your own electricity from sunlight, wind and moving water. Information on black boxes, batteries, inverters and low voltage wiring will advise you on how to store your electricity. Includes sources of solar electric, wind and water power equipment, kits, plans and useful publications.

HARD TIMES HANDBOOK — K. & I. Smith. Soft cover, 233 pp, Aust. RRP \$9.95.

Containing a wealth of practical information and advice, this book has something for everyone. You'll refer to it for information on making your own bread, managing the food supply, preparing yourself for emergencies, making money without a job, organising a city garden and more.



SURVIVING IN THE EIGHTIES — M. Boddy & R. Beckett. Soft cover, 196 pp, Aust. RRP \$16.95.

This is an indispensable guide to help you achieve some degree of self-sufficiency in our modern world. The authors offer experience, expertise and practical information on growing your own vegies, raising a calf, goat, chooks, pigs and other animals, moving to the country or baking your own bread and making soap.

HANDY FARM AND HOME DEVICES — J.V. Bartlett. Soft cover, 310pp, Aust. RRP \$14.95.

This reproduction of an early Australian collection of hints and gadgets for use around the home and farm is just as relevant now as when it was first published in the 1940's. The importance of making do with what you've got still applies today, so anyone wanting to save time and money should find valuable information here, on making gates, tanks or furniture, keeping poultry, growing vegetables, building fences, saving water or doing your own car repairs. The message of the book is: when you're stuck — improvise! There is a very comprehensive index for quick reference, and the original advertisements retain the flavour of a simpler, more basic way of living.



A-Z OF CHEMICALS IN THE HOME — Toxic and Hazardous Chemicals Committee. Soft cover, 119 pp. Aust. RRP \$9.95.

This book is an invaluable guide for anyone concerned about the dangers of chemical use or overuse. It lists the substances most commonly found in and around the home and describes the effects of each on ourselves and the environment. Most importantly, it also lists preferable alternatives that are less dangerous and more environmentally acceptable. Essential reading.

THE COMPLETE AUSTRALIAN BUSH-FIRE BOOK — Joan Webster. Soft cover, 269 pp, Aust. RRP \$22.95.

The Complete Australian Bushfire Book tells you about bushfire behaviour, how to recognise danger signs, what to do and why. It dispels old fears, tells how to save your home from being burned, what to wear, how to find shelter — how to survive. It also has a section on planning homes, gardens, and farms that are bushfire resistant. Everyone who lives or travels in the country can learn from this book.

A WALK IN THE RAINFOREST — Dawn and Clifford Frith. Soft cover, 52 pp, Aust. RRP \$6.95.

With increasing concern about protecting our remaining rainforest, this is a timely and most informative booklet. No hard sell, just a delightful description of the flora and fauna of the rainforest habitat. The gentle line drawings of frogs and birds, fungi and ferns by David Stacey together with a well informed text are all designed to help you understand what you see and feel next time you go walking in the rainforest.

HIGH TECH HOLOCAUST — James Bellini. Soft cover, 259 pp, Aust. RRP \$12.95.

This book is a high-powered warning of impending disaster. The author documents the horrifying effects of industrial pollution and uncontrolled technological change on our global environment, poisoning the air we breathe, the food we eat and even the medicines that are supposed to cure us. A strongly-written and very frightening argument that time is running out for our fragile ecological balance.



THE DOG BOOK — Pat a Beckett. Soft cover, 144 pp, Aust. RRP \$11.95.

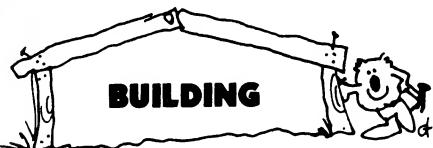
The ideal book for anyone trying to decide what type of dog will suit their needs and situation, it gives helpful advice on choosing, training and caring for your new pet. The characteristics and needs of most common breeds — small and large — are described and illustrated, so you can see at a glance if a particular breed is right for you.

THE BASICS OF ANGORA BREEDING — Mavis Walledge. Soft cover, 159 pp, Aust. RRP \$18.95.

Here is a most useful book designed for those people that are starting a small breeding herd of Angoras. Over the last few years the mohair industry has suddenly blossomed into a dynamic business within this country. The author has written a straightforward and informative book from personal experience, to help breeders throughout the entire year, answering all the questions of importance to anyone in the Angora industry.

BACKYARD BEEKEEPING IN AUSTRALIA AND NEW ZEALAND — C.N. Smithers. Soft cover, 118 pp, Aust. RRP \$14.95.

This book is intended to be a comprehensive reference for anyone wanting to have healthy bees and produce their own honey. It has information about the lifecycle of bees, basic equipment needed, how to care for a colony and harvest the honey and wax. A very useful reference for beginners and experienced bee-keepers too.



BUILD YOUR HOUSE OF EARTH — G. Middleton. Soft cover, 130 pp, Aust. RRP \$16.95.

A useful basic text from a recognised expert in earth-building techniques. This book covers both adobe (mud-brick) and pise (rammed earth) construction. Information is for Australian conditions and some sample plans are included. Helpful for beginners.

EARTH GARDEN BUILDING BOOK — R. Rich and K. Smith. Soft cover, 315 pp, Aust. RRP \$24.95.

A thorough and comprehensive guide for the house builder, this book gives lots of practical advice on what to do — and what not to do! The first section concentrates on design, so that you have made all the major decisions before you start the actual construction. Several different building methods are discussed — stone, earth, timber — so it's a useful reference for anyone starting this major task.

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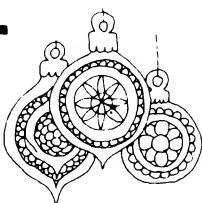
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GAME BIRDS

Choosing a Species for Backyard Production

Part III

by Megg Miller, Shepparton, Vic.

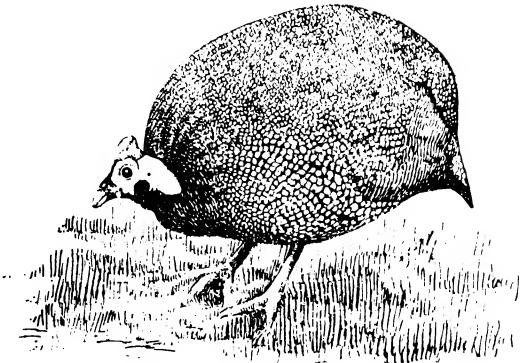
GUINEA FOWL

Guinea fowl are one of the most fascinating and popular game species and certainly the least difficult to keep. Although notorious for their shrill shrieks (day and night!), pugnacious behaviour and insatiable curiosity, these lesser qualities are balanced by self-reliance, hardiness and a fondness for garden insects and pests. I have heard of flocks being used in WA to control grasshopper outbreaks and small numbers are commonly kept on farms as 'watchdogs', to warn of hawk or crow attacks and keep away snakes. Should a snake or even a monitor appear, they gather around drawing attention to it by their behaviour and by the shrill discussion that ensues. As a flock they will also follow a moving snake, all in single file like the pied piper and his retinue. Visitors, strange dogs, new plastic buckets, all warrant great discussion and the only pity is they don't warn of a fox's appearance at night — until it has left with its prey!

Small numbers can be allowed to wander through the garden in their search for food (try stopping them) because they are not energetic scratchers like fowl, nor as heavy footed as turkeys. Their only crime in the garden is their penchant for dust bathing, always preferring the moist, finely tilled bed you've just sown with seed. They would be an ideal bird for permaculturists, although little has been heard of them in this respect.

Originating in West Africa, flocks of guineas are still to be found running wild there. They have a rich history, with foot prints and fossilised remains being uncovered in Europe which indicate they are between 2.5 to 3 million years old. They were raised as table birds by the Greeks and Romans, the latter calling them Carthaginian hens. They were later introduced to England by visiting African seamen who kept them as pets on the rigging of their ships. Once established in England they were known by a variety of names, including Gallineys, and were mentioned in the works of writers like Chaucer and Shakespeare. What is interesting is that despite all these years of domestication and captivity there has been little change in either appearance or habits and they are basically still a wild bird.

The guinea fowl family is a large one and contains members that are helmeted, bristle nosed, crested and plumed, and even vulturine, the latter having a bare head and neck, greyish blue in colour, and a collar of dramatic cobalt blue, black and white feathers. The common guinea we are familiar with belongs to the helmeted family, and consequently has a horny protuberance on the head that is believed to be nature's way of protecting the brain from vines and undergrowth when moving through the jungle at rapid speed. The Pearl is the most popular variety, and has purplish-grey plumage dotted or pearly with white. The Lavender is a lighter shade of grey, still with the distinctive white spots and frequently a Splashed or Pied variety is available. It has a



The Pearl variety of guinea fowl. Guineas differ from other species of domestic poultry in two ways — they have a horny protuberance on the head and a depressed or downward pointing tail.

plain white breast and some white on the wings, the rest of the plumage being similar to either Pearl or Lavender in colour. Legs maybe a grey brown, bright orange or a combination of both, and beaks show similar variation. They also have bright coral-red wattles and the ears and sides of the head are white, resembling soft kid in appearance and texture.

Because their plumage is very dense the birds appear larger than they are. Average weight for a 14 week old male would be 1.25 kg (2½ lbs) and for a female 1.2 kg (2½ lbs).

The first aspect to decide upon when considering guineas is where and how to keep them. Unlike pheasants and quail they don't need confining. They prefer and do best on free range, requiring plenty of room to roam around. A flock of about 30 guineas for example, would need access to several acres. Gregarious by nature, they are a bird that congregates and ranges in pairs or small groups, each with a distinct territory. Their daily routine is predictable and you can set your clock by them as they move around foraging, laying or dust bathing. They display an ingrained homing instinct which can be turned to their keeper's advantage — they can easily be trained to return to their roost at night. Because this homing instinct is strong they don't take readily to changes of environment, so should be locked up for a week or so when first acquired; it's not uncommon for birds let straight out of a box to disappear into the bush and not be seen again!

Guineas are happy to roost in trees during all weather, and choose the highest branches, ensuring safety from foxes. If however you want more control over them they can be run in a shed with covered-in yard (yes, they also fly over the highest fences like pheasants) on a permanent basis, or just shedded at night. If you do want to keep them confined permanently you are best starting with off-heat (6 weeks and older) keets rather than adult birds. Guineas used to freedom pace dementedly for hours and days on end when suddenly confined, go off the lay and are disinclined to mate.

The secret of keeping these strange little birds is training

and routine. They can be successfully herded by one or two people and trained to enter sheds (with the inducement of a little grain) either for the night or for confinement for catching. If only a few are kept a separate shed isn't necessary as they can usually be persuaded to share the fowl house. They prefer roosting in the rafters if it can be organised and there must be adequate floor space in the shed or they may bully the chooks. Dark, private nests will encourage them to lay in the shed instead of somewhere out in the paddocks.

Breeding guineas may be kept as pairs, but more frequently a male is kept with between two and eight hens. If you start guinea keeping with say 10 or 20 young keets you would not be required to divide them into breeding groups the following spring as they will automatically do it themselves. In the wild they pair off monogamously but the domesticated male can be persuaded to take on a number of wives. Guineas usually break up into small family groups comprising between one and three male birds and their attendant wives and they forage, dust bath and even lay in the same nest together. Mating is an elaborate process and involves much running around by the aroused pair before cohabitating takes place. Obviously if a male has eight wives that he must energetically pursue fertility may not be as high as it would be if he only had two or three. Guineas must have a reasonable sized yard to conduct their romance in — the fertility of confined birds is said to be lower than for birds with access to a large stamping ground.

The laying season is from September through to late February, with free ranging hens laying 20-30 eggs before going broody. Most will come back and lay a second clutch, some even a third. Because the hens are unreliable sitters and mothers, it is recommended that eggs be collected and set under a broody chook. Finding the eggs is not easy as guineas choose secluded spots for their nests. Keep an eye on the group's movement during the morning and you may notice them congregated around a particular tree or bush. Don't approach the nest in front of the birds, nor take all the eggs — once they feel it has been located they will move on to another site. Many books suggest removing the eggs from the nest with a long handled spoon so the birds can't detect the human touch, but I have never found this necessary. Always leave no less than five eggs in the nest — bantam or Silkie eggs can be left in place of precious guinea eggs. Being essentially a wild bird, guineas are very sensitive to human tampering and it's very disappointing to finally locate a nest or two and then have the birds abandon it. Crows often raid the nests, as do foxes, and the latter take many a well hidden setting hen.

If a guinea hen does set in a safe place do not intervene. The eggs take 26-28 days to hatch, and the young are called keets. Although tiny (they can walk through 2 cm (1 in) wire mesh easily!) they are very hardy, and mortalities only occur because they have become lost or chilled by walking through dew covered grass. Broody chooks make calmer mothers and can be locked in a coop with their foster children for the first critical week or two until the keets are larger and stronger. Crushed grains or turkey crumbles should be kept in front of the keets at all times as they need to eat more regularly than the young of other poultry species. Water containers must be shallow or drowning occurs. Keets stay with their brood

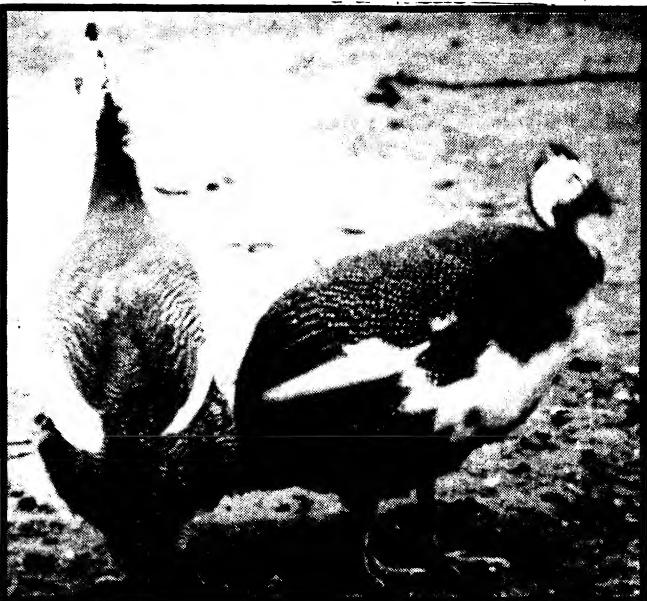
mother for several months and then run with their brood siblings until they pair off prior to the mating season.

Sexing keets is well-nigh impossible. You can sex them by their call at about two months but it is easier said than done. Both sexes make a one syllable call rather like 'chi, chi, chi, chi' when excited, but the hens also have a distinct two syllable call that is unmistakable and sounds like either 'buck wheat, buck wheat' or 'come back, come back'. Sexing is easier at 12-14 weeks, when the males appear slightly larger than the females, their head is coarser and the helmet more developed than in females of an equivalent age. As adults, the male has thicker wattles that stand out from the head and a very prominent helmet. He also tends to arch his back and walk on tiptoes when excited.

Disease wise guineas are very hardy. They can suffer from Blackhead like turkeys but rarely seem to, and in my ten years of keeping a large flock that has run with other poultry species none have ever died from ill health.

Adult guineas require minimal supplementary feeding if allowed to free range, a few handfuls of grain at night being sufficient. Those confined full time would need either turkey rations (because of its high protein content) or a mixture of grains. Young keets would normally be fed a turkey starter for the first couple of weeks and then would go onto a growers ration or crushed mixed grains.

Guineas may be secured from game bird farms or via the classifieds in the major rural newspapers. They are usually sold as adult trios (a male and two hens) off heat (six weeks old) or adolescent keets.



A pair of Splashed Pearl guinea fowl.

DOMESTIC POULTRY KEEPING
A Scientific Guide
Alternatives to the battery cage

A4 Illustrated \$10 PP.

Freshet Press 2 Lytton Avenue
Castlemaine 3450

CRYPTIC GRASSWORD

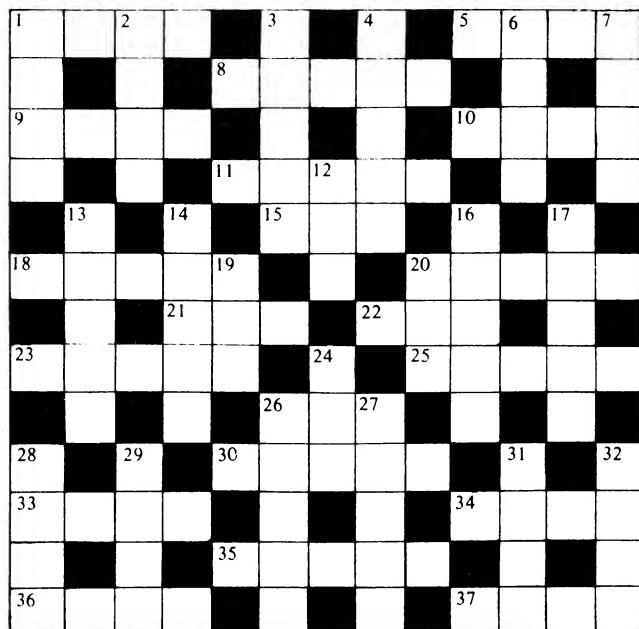
by M. Riley, Newborough, Victoria.

Across

- Produced sounds like servant.
- Even residence.
- Do they grow in musical instruments?
- No males have prophetic significance.
- Employer could be sure.
- Not a dead organ.
- About Kelly's lair.
- Western Australia know to stir.
- Bird for lifting?
- Fish found in creel.
- Owe for grief.
- Short advertisement suitable to modify.
- Runs without legs.
- Do flowers sleep in it?
- Ponder litter.
- Robin's headcover?
- Arrange Lisa for the boat.
- Stopping place on which some play.
- Reverse stop for cooking.
- Hips for craft.

Down

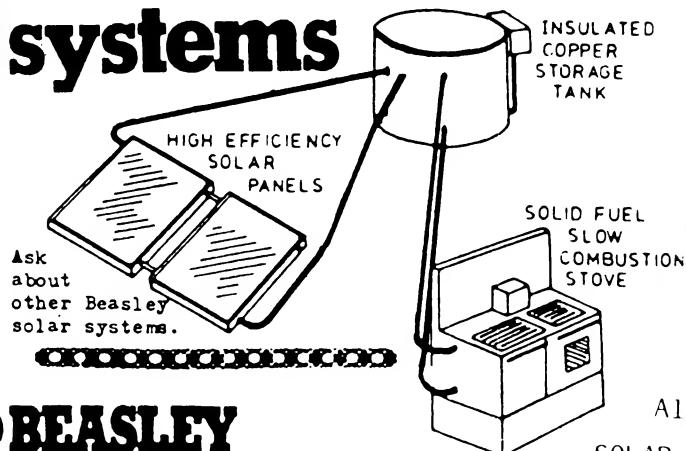
- Feeling about doom.
- Animal sounds expensive.
- Start for example in bin.
- Turned over wasted time.
- Final cobbler's model.
- Bitter pie.
- Disturb, five point ten.
- And in my girl's name.
- Little Bo looks.



- Step on tyre.
- Angle for heavenly messenger.
- Ten for a trap.
- Submit ox.
- Sign in noble orbit.
- Brother beginning soup.
- Evade vehicle.
- Piece of wood or potato.
- Harbour wine.
- Hasty skin eruption.
- Smack pals about.

Solution on page 66

solar hot water systems



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Poetry

SUMMER AT DUTTON

We drove over the hill
And smelt the wheat —
Oven-warm and nodding,
Diffusing sweet and lazy dreams
And silent songs of lethargy.

The melon clouds hung there
Above the calm,
While the solitary peppercorn tree
Reached out with delicate arms
Hung with peppercorns
And dreamed of crowded forests
And tree-lined parades.

The car ambled along the sleeping road,
Then Dutton came to view —
Baked and wilting from exposure,
Like the pines that stand in the haunted churchyard
Waiting for congregations of galahs
To return and nestle in their arms.

Weary sheep let their heads fall . . .
Helplessly . . .
Drinking clouds of dust
As we passed.
A tired wind sighed,
Possessed also by the sense we shared,
That we were drifting through a dream
Often known to those
Engulfed by the warmth of an evening in summer.

Deborah Carey.

HONEY-EATERS

They hinge on
obsessively sucking the centres
of each flower

Ten or thirteen honey-eaters
in this tree
their beaks fixed as bayonets

Suspended on the edges
of air
their wings rowing backwards

With beaks
dipped in the red spraying
tendrils

Flying in and out
of the branches and leaves
temporarily visiting flowers

Seeing red

Jules Leigh Koch.

THE MIDDLE COUNTRY

When we were children
we all had breakfast
together,
we made cubbies
together,

we went swimmin
together.

When we were children
the middle country was
home.

Distant lands were
the school
and the shops
and the creek
where we swam.

We travelled to them
as tourists.

We knew we would
always come home.

Wha Gwei Ning.

A DAY OUT

Sweet Daphne came to collect me
My spirits soared and swooped
like a gull searching for food.

I landed in the company of fourteen lovely ladies
who, if I stumble on my recovery road
will stop and give me encouragement.

Beautiful lunch
and conversation
made me feel whole again.

Dorothy Howatson.

MEMORIES

I knew a lady made of stars
And strength
And laughter;
Not a cup of tea and cliches lady,
But a clear-eyed comet lady
Who lit a world of dreams,
And then was gone.

Jeannie McPherson.

AFTER WATCHING THE LIZARD

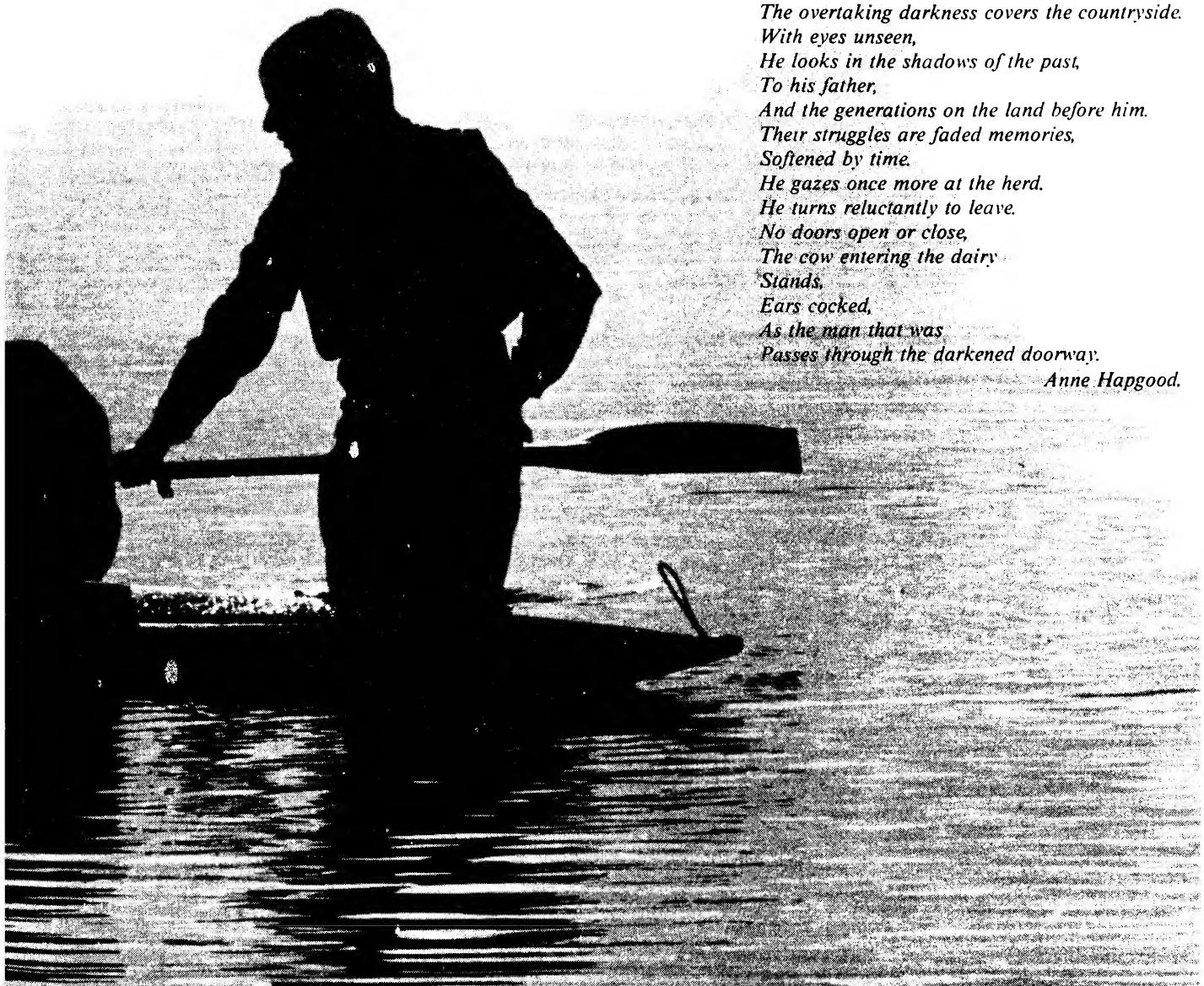
Slow and steady,
Testing air;
Footsteps firm,
Cautious;
Blue tongue flashing,
Nearly there;
Reaching safety;
Freeze-
A scent, a warning.
Mimic death
A hundred times a day
Ignored but once
The act is real,
The end is swift-
No play.

Cathy Lansley.

THE GHOST OF THE COW SHED

He stands,
Grey haired, and stooped with age.
Leaning with veined hands
On the old shed rail,
A rail, grey smooth with years of hands.
The dusk light mellows
The peeling paint in the shed,
The ancient cow bales,
And the dilapidated woodwork.
He sighs contentedly.
His favourite time of day approaches.
The cows wait patiently in the yard,
Chewing their cud placidly.
No curious eyes turn to watch —
They know his presence.
Looking out beyond the shed,
He sees
The evening mist settling in the valley,
The hills standing paused,
Waiting for the night to end the day,
The overtaking darkness covers the countryside.
With eyes unseen,
He looks in the shadows of the past,
To his father,
And the generations on the land before him.
Their struggles are faded memories,
Softened by time.
He gazes once more at the herd.
He turns reluctantly to leave.
No doors open or close,
The cow entering the dairy...
Stands.
Ears cocked,
As the man that was
Passes through the darkened doorway.

Anne Hapgood.



Kids pages

Dear GR Kids,

Hi everyone, I bet you're all excited about Christmas. Even though I'm a teenager now I still love all the excitement and the secrecy, and of course I put out my pillowcase for you-know-who. I hope you all have a lovely Christmas with your family and friends and get lots of prezzyes, and that you make and give little gifts too. I'll write again in the New Year.

love Suni.

ANIMALS LIKE CHRISTMAS TOO

Animals have always been an important part of Christmas. Every nativity scene has its sheep, donkey and oxen who've come to see what all the fuss was about and stayed to gaze in wonder at the newborn baby lying in their feed container. Many Christmas songs and stories involve birds and animals — robins, donkeys, swallows and, of course, a partridge in a pear tree! Some legends say that birds and animals were given the gift of speech at Christmas so that they could share the good news with others far away.

Make sure that you remember your animal friends at this special time. Give them plenty of the right kind of food — and water, especially if it's hot — so that they don't feel neglected while you're having fun. In cold countries it is a tradition to take particular care of animals at Christmas. Children are taught that they must make sure their animals are well-fed before they are allowed to sit down to Christmas dinner themselves.

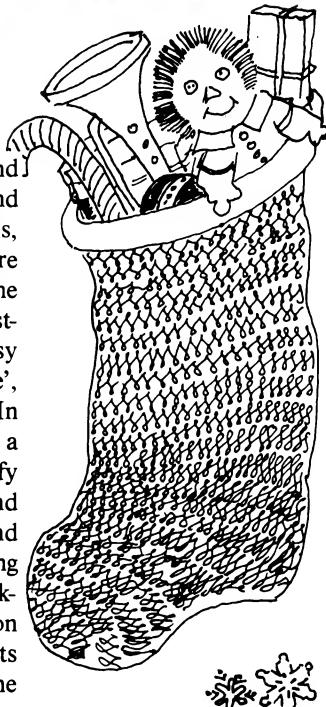
Of course, they don't have to do it all themselves. In most parts of northern Europe there are stories of little gnomes that help the children with this task of caring for the animals. They live in secret places and creep out when no-one's looking to talk to the animals in their own language and make sure they're happy and well-fed. Swedish children call this gnome a *tomte*, to Finnish children he's a *tonto*, while young people in Denmark know him as the *nisse*. Other countries have their own names for this helpful little sprite, and reward him with little gifts and bowls of rice pudding or porridge on Christmas Eve. Sometimes the cat eats it instead, but the gnome doesn't seem to mind. Wouldn't it be good to have such a friendly little being to help us look after all our animal friends!?

NEW YEAR

*God be here, God be there
We wish you all a happy year;
God without, God within,
Let the old year out and the New Year in.*

IN MY CHRISTMAS STOCKING . . .

This is a super memory game and is always fun on car trips around Christmas. The first person says, 'In my Christmas stocking there is a big, noisy drum', and the second person says, 'In my Christmas stocking there is a big, noisy drum and a white fluffy poodle', and then the next person says, 'In my Christmas stocking there is a big, noisy drum and a white fluffy poodle and green slime . . .' And so the game goes on and on round and round the car, always repeating everything that went into the stocking before you. When a person forgets or jumbles the presents they are out, and the winner is the last one in.



COOKS CORNER

POPCORN BALLS

These are wonderful to eat and if you can leave enough, could be made into great presents for friends.

5 cups freshly popped corn

vegie salt

½ cup sesame seeds

½ cup raw sugar

½ cup honey

½ cup hot water

2 tbsp butter

3 tsp cinnamon (optional)



- Pour popcorn into a large bowl, sprinkle with salt and sesame seeds, mix well.

- Melt butter in a saucepan, add hot water, honey, sugar and cinnamon. Gently simmer about 5 minutes. To test, drop a little into a cup of cold water, if it makes a soft ball it is ready to use.

- Pour mixture over the popcorn and stir gently with a spoon.

- Butter your hands and shape the popcorn into balls. Stand on foil or greaseproof paper. Allow to cool and harden.

Home-made Christmas Decorations



A lot of fun can be had and money saved by making your own Christmas decorations. Many can be made from scrap materials around the house, jazzed up perhaps by a few special purchases like glitter, metal foil and crepe paper.



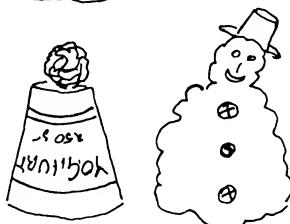
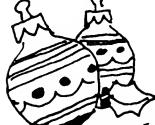
PAPER CHAINS

Even the littlies can help make these. Cut up pages of colourful magazines or leftover pieces of wrapping paper into strips, cut into suitable lengths and glue the strips in loops to form a chain.



SNOWMEN

These are made by glueing cotton wool onto upturned yoghurt containers, flower pots or the like for the body and around a plastic ping-pong ball or scrunched up paper for the head. Cut eyes, mouth and buttons from coloured materials and add a hat or necktie for a Christmas touch.



CHRISTMAS CANDLE STAND

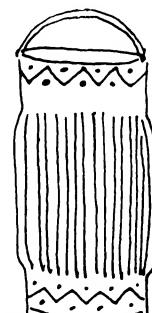
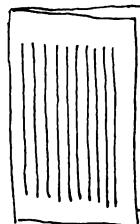
You will need 4-5 medium sized pine cones, a candle and a small amount of ribbon for a bow. Find some thick cardboard — corrugated is ideal — and using a large saucer as a guide, cut out three pieces. Glue together and allow to dry. Draw a hole the size of the candle in the middle and cut it out. Place pine cones around the hole and glue into place. Check that the candle fits. Spray with silver frosting, allow to dry, then add a coat of varnish. Place candle in position and tie ribbon into a bow and position it next to the pine cones. This is ideal for the mantel piece.

CREPE TWISTS

Cut crepe paper of various colours into strips whilst folded (makes it so much easier), glue ends of two different coloured strips together and set aside to dry. Next day pin one end in place, twist the strip and arrange around the room or Christmas tree. If you have pinking shears cut some strips with them for an extra decorative effect.

STARS

Cut out different shaped stars from any bits and pieces of coloured card. Decorate with brightly coloured textas or add glue and glitter. Silver coloured paper, Easter egg paper or even foil could be glued or stapled to cardboard stars for a more festive look. Punch a hole through the top point, thread with a little wool or string and hang.



HERBAL HANGS

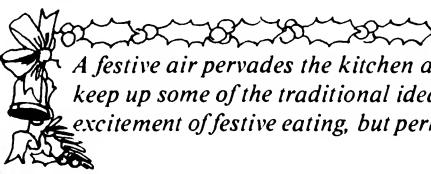
You will need a cardboard egg carton, glue, an assortment of dried herbs and spices, and string. Cut the egg cups from the carton, punch a small hole in each end and pull string through, leaving a large knot at the end. Glue herbs onto the outsides of the cups, making repetitive patterns where it looks interesting. Spices like cloves may be gently forced into the paper mache sides of the cup. Use to decorate the Christmas tree. Older children may prefer to paint the cups before using.

CHRISTMAS LANTERNS

Take a coloured sheet of paper, fold in half, make several parallel cuts from the fold about two-thirds toward the edge, unfold, then glue together to form an upright shape with the cuts running vertically. Add a spare strip for the handle. They can be made in a variety of sizes and always look beaut.



While the Billy Boils...



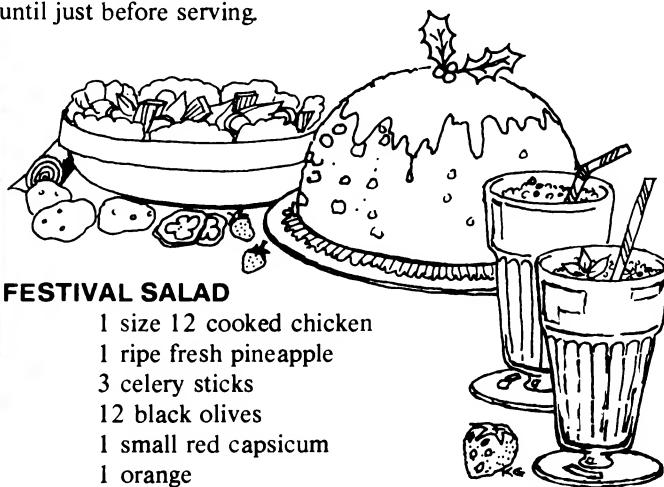
A festive air pervades the kitchen around this time each year. Christmas time in Australia is always hot but we like to keep up some of the traditional ideas for that special lunch menu. Here are a few alternative recipes that still retain the excitement of festive eating, but perhaps avoid slaving over a hot stove all morning and give you more time for revelling.



WATERMELON SORBET

- 900 g (2 lb) watermelon
- 2 egg whites
- pinch of salt
- pinch of cream of tartar
- 2 level tbsp lemon juice
- 75 g (3 oz) castor sugar

Remove rind and seeds from watermelon, chop flesh and pulp it, cover and freeze for about one hour, until it is mushy. Whisk the egg whites, salt, cream of tartar, lemon juice and sugar over a pan of simmering water until stiff. Leave to cool. Fold the meringue mixture into the partly frozen watermelon, then cover and freeze for one hour. Now turn the mixture into a chilled bowl, beat well to break down ice crystals, then cover and freeze again for a further two hours. Keep frozen until just before serving.



FESTIVAL SALAD

- 1 size 12 cooked chicken
- 1 ripe fresh pineapple
- 3 celery sticks
- 12 black olives
- 1 small red capsicum
- 1 orange
- 150 ml (1/4 pint) mayonnaise
- lettuce leaves

De-bone and separate chicken meat and place in a bowl. Skin and core the pineapple and cut into bite sized pieces. Chop celery, remove seeds from olives and capsicum and mix all ingredients with the mayonnaise. Arrange lettuce leaves in a serving bowl. Spoon the chicken salad onto the lettuce leaves and arrange sliced orange rings on top.

YULETIDE POTATOES

Take one large potato per person. Scrub clean, but leave the skin on. Prick several times with a skewer, place on a piece of foil big enough to cover potato completely when wrapped. Cook wrapped potato in a hot oven for 40 minutes or until potato is soft. Open foil and cut an opening in the top of the potato. Fill with a tablespoon of natural yoghurt and chopped chives or shallots. Serve in the foil to keep it hot and to add a decorative touch to your Christmas meal.

CARROT PLUM PUDDING

- 1 cup raisins
- 1 cup currants
- 1 cup wholemeal flour
- 1/2 tsp salt
- 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- pinch of ground cloves
- 1 cup molasses sugar
- 1/2 cup wholemeal breadcrumbs
- 1 cup shredded suet
- 1 cup grated carrot
- 1 cup grated raw potato
- 1/2 tsp lemon juice
- 1 cup chopped mixed peel
- 1 tsp bicarbonate of soda
- warm water

Grease a steam-pudding basin. Clean the fruit and sieve the flour, spices and salt together. Add the fruit, sugar, breadcrumbs, suet, carrots, potatoes, lemon juice, mixed peel and finally the bicarbonate of soda dissolved in enough warm water to combine all ingredients without making them wet and sticky. Place all in greased basin, cover tightly and steam for 3 hours.

WHOLEMEAL SHORTBREAD

- 250 g (8 oz) butter
- 1/2 cup castor sugar
- 2 1/2 cups wholemeal plain flour
- 1/2 cup rice flour

Soften butter and combine with sugar until fluffy. Sift the dry ingredients and mix together with the butter and sugar to form a stiff dough. Turn onto a lightly floured surface and knead until smooth. Roll out to 1 cm (1/2 in) thickness and cut into shapes. Place on lightly greased oven trays and bake in moderately slow oven 35 minutes or until lightly browned. Cool on tray. Should make about 35 biscuits.

SUMMERTIME PUNCH

- 1 litre orange juice
- 500 ml unsweetened pineapple juice
- 1 sliced orange
- 1 punnet strawberries, washed
- 1 1/2 litres mineral water
- crushed ice
- mint leaves

Combine orange and pineapple juice and chill. Add mineral water, sliced orange rings, strawberries, mint leaves and ice just before serving. Serves 10-12.

Improved Beer Recipe

by Armin Hubert, Cooktown, Qld.

This recipe will produce six dozen bottles of top quality pale lager with an alcohol content of around 9.5 per cent. No kits are required and the ingredients can be obtained from most shops and supermarkets. When the simple directions are followed the end result will be a truly enjoyable beer, for about 20 cents per bottle.

INGREDIENTS

170 g (6 oz) dried hops
2.7 kg (6 lb) pure malt extract
3.1 kg (7 lb) brown raw sugar
12 saccharin tablets
1 tbsp of plain detergent (optional)
2 tsp salt
1 tsp Dribalm yeast

EQUIPMENT

50 litre (12 gal) plastic garbage can
large boiler, or similar cooking medium
plastic siphoning tube
caps, capper, and bottles

Weigh the hops, and with 14 litres (3 gal) water, bring to boil. Boil for 30 minutes with salt. Remove from heat, add the malt extract and brown raw sugar. Mix well, then strain into garbage can containing 23 litres (5 gal) of cold water. Mix yeast and 3 teaspoons white sugar in cup of lukewarm water (35°C/95°F) and add to brew. Place brew where it will not be disturbed, e.g. on a table, in a shed, or similar.

Brew will take approximately three to four days to 'work', or longer in colder climates. Cover brew with a cloth, and skim froth two to three times daily.

When brew has stopped working (you can tell by the lack of froth, and some spots of froth floating on top), add the saccharin tablets dissolved in a small amount of warm water. Pour into brew in a rotating fashion. Repeat with the tablespoon of clear detergent. This is to settle sediment to the bottom. Let brew stand for 24 hours, then bottle.

BOTTLING

Have six dozen spotlessly clean bottles ready near the brew, so that it can be siphoned. Fill each bottle with 300 ml (10 fl oz) of water, and 1 teaspoon white sugar. Siphon brew with plastic tube, making sure to siphon from top of brew. An easy method for this is to drill a small square of wood, and push the tube through it and float it on top of brew. This will stop most of the sediment from getting into bottles. The bottles can now be capped. The beer will be ready for use after standing for ten days.

Keep beer in a shaded place, away from direct sunlight. Disturb as little as possible, remembering that all natural beers have a certain amount of sediment. This, however, is harmless, but the last few drops of beer will tend to be cloudy.

Take it easy with consumption as this beer is twice as strong as hotel beer. Remember, don't drink and drive — you might spill some.

Making Cheese

If you find you have excess milk on hand because everyone has tired of eating yoghurt, consider trying one of these easy to make fresh cheeses. They can be used with salads, on home-baked bread or with fresh fruit. Remember to sterilise all equipment in boiling water before you start.

RECIPES

Curd Cheese

1100 ml (2 pts) milk
1 tsp citric acid salts

In a stainless steel pot, warm milk almost to blood heat. Stir in the citric acid salts until a curd begins to form on the spoon and salts are dissolved. Put lid on pot and leave until cool, stirring from time to time to break up curd a little. Strain into a piece of muslin inside a colander or sieve, tie and hang to drip for an hour or so.

You now have a curd cheese which will be quite dry — if it is rubbery, your milk was too warm, or you used too much citric acid. You can add salt to taste. It will keep a few days in a refrigerator.

Yoghurt Cheese

One of the simplest cheeses to make. It keeps its slight yoghurt tang and, seasoned with your choice of herbs, makes a delicious spread.

yoghurt — 1 litre (1 qt) makes 170-226 g (6-8 oz)
fine-weave cheesecloth

stainless steel, glass or enamel colander

Line the colander with the cloth and pour in the yoghurt. Knot the corners of the cloth together and hang to drain for 12 to 14 hours. Check periodically to see if the pores of the cheesecloth clog. If so, pour the yoghurt into a fresh cloth and continue draining. It will keep for several days in a refrigerator.

Queso Blanco

This sweet, tofu like cheese takes about 15 minutes to prepare and is ready to eat in four hours. It's delicious plain and can be cut into cubes and added to soups or stir-fried.

4.5 litre (1 gal) whole goats milk
1/4 cup vinegar
stainless steel, glass or enamel bowl, ladle and colander
fine-weave cheesecloth

In a bowl directly over the burner, heat milk to about 85°C (185°F). Slowly mix in the vinegar, stirring constantly, while the curd and whey separate. If the milk doesn't separate at this temperature, add more vinegar, a tablespoon at a time, until separation occurs. Stand for several minutes. Pour the curds (the solid part) into a colander lined with cheesecloth. Knot the corners of the cloth together and hang to drain until you like the consistency, probably 2 to 3 hours. Store in fridge.

SNAKES THAT VISIT US

by Don Lawie, Babinda, Qld.

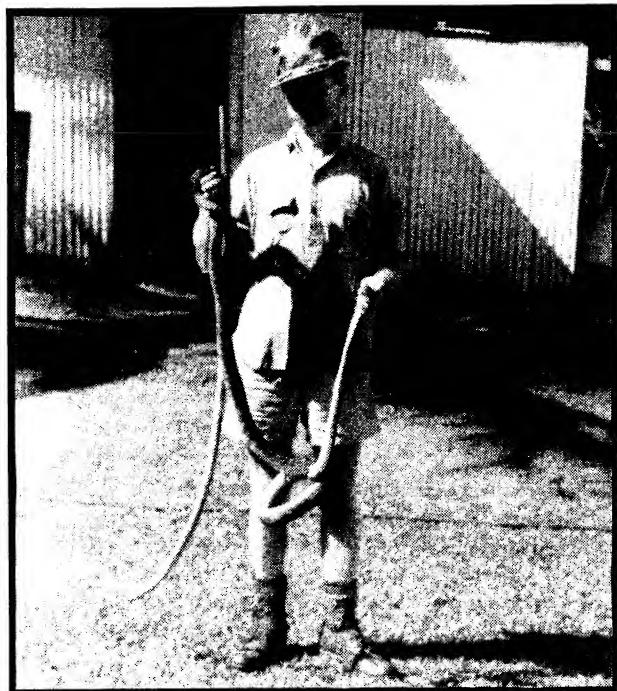
Australia has a wide range of wildlife, and we are fortunate that only a few of our native creatures are capable of threatening human life. The only really venomous land creatures are ticks, spiders and snakes. Since ticks and spiders are so common and generally so harmless, they arouse little apprehension in the average person. Snakes, however, are a different matter. Humanity seems to have an innate horror of the order *Ophidia* and the unexpected sighting of a snake will send a shiver down anybody's spine. A certain way of inspiring a rousing and prolonged discussion among any group of rural Australians is to innocently enquire, 'What are the snakes like around here?' Everyone will have a harrowing personal tale to tell, of snakes seen, fought, and killed, though it is rare indeed to ever find someone who has actually been bitten by a snake. Of those who have been bitten, the 'attack' has always been initiated by the human, either by direct aggression or by blundering into the snake's domain.

As a general rule, snakes are creatures of the bush and grassland. If we build our houses and farms in their area of existence they will do their best to co-exist with us. They do this by living in the roofs of our buildings, and eating the mice and rats from our sheds and barns. They also eat the kittens from our houses, the budgies from their cages, and the chooks from their perches, until we either stop feeding them and they move further back into the bush to seek their natural prey, or we kill them off.

I live in the heavy rainforest area of far north Queensland, an area that is particularly rich in snakes. When we first moved here from town, nine years ago, we had the usual snake nervousness of most townspeople. We had four small children, and I deemed their safety more important than trying to preserve the local snake population. Thus, I set about eradicating snakes from my home and shed by killing every one that entered. It took some years, and I became expert at the use of snake stick and cane knife, with occasional use of .22 rifle and .410 gun when occasion warranted their use. Those days are a story on their own but, as I say, every rural Aussie can tell one the same, and we have now come to terms with our snake population.

The most common variety we encounter in the house are brown tree snakes (*Boiga irregularis*) which average out at about six feet in length by the time they come to visit. They are a beautiful dark red in colour, paler beneath, with prominent liquid amber eyes — the common name for them is doll's eye because of that feature. Doll's eye snakes are venomous, but are not regarded as dangerous since their fangs are situated in the back of their mouth, not at the front as in the dangerous taipan type of snake (very rare in this area).

Doll's eyes mostly live on small birds, rodents, lizards and frogs and the theory is that they seize their prey by their front teeth, then fang it with the back teeth to kill it before eating it. That's the theory, but anyone who has seen a doll's eye strike will know very well that they open their mouth so that the jaws



Don holding a snake he has captured with his snake stick in the right hand.

are at an angle of almost 180 degrees, and the back fangs are right in position to hit whatever the front teeth fasten on.

Doll's eye snakes are nocturnal hunters, and in the daytime they love to find a nice warm galvanised roof under which they can curl up on a rafter and doze the day away. They will spend every day in a favourite spot, and slide off at dusk to search for their supper. They are not usually aggressive, and if disturbed they usually beat a hasty retreat from a human, so long as there is an avenue of retreat open to them. And yet doll's eyes are responsible for most snake bites to humans in North Queensland. Why? First, they prefer to live in people's houses rather than in their native scrub, since we provide a warm roof, and often a mouse or rat population to feed them. Second, humans attack them on sight, usually with inadequate weapons and no experience, and once a doll's eye becomes stroppy he is a ferocious attacker. He will strike and bite again and again if he is cornered and upset, and he can strike and move with blinding speed that is hard to believe of the dozy old bloke who sleeps in the corner of the shed roof.

The usual confrontation with these fellows occurs when a human gets up in the night to visit the toilet and inadvertently steps on a doll's eye, with the result that each thinks that he is being attacked, and the battle is on.

Our family has over the years developed a pretty tolerant relationship with doll's eyes. I'm always glad to see a freshly sloughed skin in the shed, since it means that the rats will be kept away. Snakes do no damage at all in a shed, whereas rats are a health hazard, they damage electrical wiring, and make

nests that are fire hazards. The cowbail usually has at least one resident doll's eye during the warm summer months and my wife milks away unperturbed by the sleeping serpent in the roof, whilst he in his turn takes no notice of the activity beneath him. We still suffer the occasional doll's eye in the house — I know there are several in the ceiling, but as long as they stay there and don't disturb us they can stay. When one ventures into the living area of the house he is no longer welcome.

I have developed a beaut technique of grabbing a sleeping doll's eye. They turn up anywhere — behind books, on the louvres; a favourite place used to be the hot water tap in the laundry. The trick with grabbing a snake is to get him by the head. Once you have his head he is harmless, but with a curled up snake the head is usually tucked beneath a fold in the middle somewhere. The trick is to nudge him gently till he half awakes and lifts his head and then you have about a millisecond to grab the head before he goes into action. Once you have the head (the back of the neck really) just hold him comfortably so he can't get away but don't throttle him, and he will immediately curl his body around your forearm and start putting python pressure on it. He won't move from there until you let his head go, and he can't hurt your arm if he's only a six-footer or so.

Once I have the snake safe on my arm, I walk him down to the scrub beyond the nearest creek and put him up in a tree, and I have never yet had one return to the house. The odd thing is that as soon as you are away from the lights of the house and in the dark, the snake will uncurl from your arm and attempt to escape, so I keep a torch shining on his face and he stays nice and quiet.

On one of my early snake removal expeditions, I tripped and fell through the cattle grid between the house and creek (I had been sampling a rather potent batch of home brew), and dropped my torch, which of course went out. My shin was jammed between the grid rails and felt as though it was broken and the snake picked that moment to make his break for freedom by making really frantic movements of his body, so I swung him in a circle and sent him off into the guinea grass before I tried extricating myself.

Our second most common variety of snake is the red-bellied black, (*Pseudochis porphyriacus*), which is also venomous but presents no danger to us. They are commonly very small when seen — only about a metre average size. These snakes love to sleep near the ground, and their lair of choice is any pile of galvanised iron. Whenever I am doing any building involving iron, or handling any heap of timber, I am aware that it will almost certainly have a few little blackies in it, and take appropriate precautions.

Once again, these snakes are not aggressive unless provoked, and unless they are too close to the house I just kick the iron around until they wake up and move over into the grass out of my way, and so we co-exist very amicably. There was one occasion though when I killed six of them with a cane knife when I found them under a sheet of iron beside the house, and from that I learnt my lesson not to leave any potential snake traps anywhere near where the kids play.

Sometimes in the wet season we are visited by a green tree snake. They seem to favour one particular corner of the lawn

near the swimming pool, and their colouring makes them blend very well with our blue-green lawn grass. These are also small snakes, very shy and non-venomous. Their colour is usually an iridescent blue rather than green, and they move very rapidly when they spot somebody watching them. I always feel glad that these snakes are not large and dangerous since they can travel at a quick trotting speed, and throw themselves about like springs if one approaches too closely. Once they gain the safety of a tree their protective colouration allows them to disappear in the blink of an eye.

Don's interesting article will conclude next issue with stories of 'our python visitors, which like this story, keep getting longer'.

Hints for a Pest-free Household

1. Fly-screen main windows and entrances.
2. Do not leave food scraps and crumbs exposed for any length of time or overnight.
3. Clean out cupboards regularly, particularly food cupboards.
4. Do not allow rubbish or disused material to accumulate under or in the house, forming breeding places for cockroaches, moths etc.
5. Ensure that rubbish bins have tight-fitting lids and that food scraps used in compost heaps are well covered by soil or grass clippings etc. This will prevent flies from breeding.
6. It is easier to swat a fly or mosquito than to chase it from room to room with an aerosol!

Reprinted from the December 1986 newsletter of the Organic Growers Association NSW, PO Box 2, Bringelly 2171.



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DRESSING POULTRY



by Peter Carr, Goonellabah, NSW.

Killing, plucking and drawing a fowl, duck or goose in this era of Kentucky fried chicken and similar outlets is a peasant skill which has probably disappeared among city dwellers. Consequently, those refugees from the urban rat race who find poultry keeping the easiest way to provide themselves with decent eggs and cheap meat must go through agonies learning how to separate the flesh from the feathers and innards. I learnt from my grandmother, as, although we kept chooks in our suburban back yard during my boyhood, neither my father (a butcher) nor my mother (farm girl) would have anything to do with decapitating a chook. As a result Gran taught me.

DESPATCHING THE CHOSEN VICTIM

Axe and chopping block, or log, are effective, but, to my mind this method lacks finesse. One has to be accurate with the axe, and, even then, the executioner and the surrounding area are liberally bespattered with blood. I have lately acquired the skill of dislocating the vertebrae below the head by grasping the fowl firmly by the legs with one hand and pulling the head with a downward twisting motion until something gives. A word of warning: this technique works well with cockerels and mature hens, but a fully developed rooster is another matter entirely, unless the executioner has the biceps of a sumo wrestler. The advantages of this method are: no blood, instant death for the victim, and the blood congeals in the breaking point of the neck when the fowl is suspended by the leg from the clothes line. For mature roosters, geese and ducks it has been recommended that you place a broom-stick across the neck, just behind the head (which is on the ground), and stand on it with one foot each side of the head. Then you heave on the legs. The neck is supposed to dislocate in the same way as mentioned above, but I don't speak with authority as I haven't tried this method. What I do is to stun the victim with a smart rap from the back of a hatchet to its head as it lies on the chopping block. Once the flapping has ceased it is an easy matter to sever the head with a judicious blow. A hatchet is easier to handle than an axe in these circumstances, too.

PLUCKING

Some people are adept at dry plucking. I'm not. I dip fowls in very hot water and swish them around until all the feathers are wetted. A six-gallon drum of water drawn from the hot water system is enough in quantity and heat to douse three cockerels or hens at once. However, do not leave the poultry in the hot water too long as the skin will partially cook, especially on young birds, and when you start you'll pluck flesh as well as feathers. If you hang the fowl up by one leg you can use both hands for plucking. Have a container of cool water close by so that you can dip your hands in and get rid of the feathers which will otherwise stick to them most annoyingly.

Feathers come off most easily if you pull against the direction of growth, but beware of young birds as you can tear the skin if you pull too hard. When selecting poultry for the

table, try to avoid those who are just starting to grow new feathers. These are hard to pull out, and, being semi-liquid, impart a grubby look to the carcase (especially Rhode Island Reds and Australorps). Plucking geese is hard, slow work. The temperature of the hot water, which is critical, should be 78 degrees C. If you add some detergent to the water it helps to wet the feathers of both geese and ducks. When you have thoroughly wet the feathers of goose or duck, wrap it in a bag or towel and let it steam for a while. Even so, you'll have a long job pulling the feathers off. Some people skin rather than pluck their poultry. This is okay but is a shocking waste of feathers for pillows, eiderdowns and quilted jackets. My wife has just made an eiderdown from home-plucked goose and fowl feathers and I guarantee that it would keep a couple comfy in an Antarctic blizzard. I separate the quill feathers from the softer ones as I am plucking and then we wash the soft feathers in soapy water, rinse them and suspend them in a pillow slip on the clothes line until they are dry (anything up to a fortnight, depending on the weather).

DRAWING

I usually dispose of six cockerels or hens at one go. Once they have been plucked, I remove the legs by severing the tendon at the knee-joint. With a sharp knife cut across the skin of the knee until the tendon is exposed. Sever it and twist the leg until the joint separates and then cut through the skin. Soak the legs in hot water for a minute or two and then you can peel off the skin (including the toe-nails) and use the legs to make stock. I next sever the wing-tips in a similar way and add them to the stock-pile. Next I sit the carcase on a bench with the head hanging down over a bucket on a chair. I sever the head and squeeze the congealed blood from the neck into the bucket, with the head. Then I put the carcase on its back and slit the neck skin down to the breast. I then free the wind-pipe and oesophagus from the skin and the neck, and carefully work around the crop with my fingers to separate it from the body. If you tug on the wind-pipe and crop, they will break from the body and can end up in the bucket. Next, I cut through the neck muscles as close to the body as possible and twist the neck off. Then I cut off the neck skin. Both these bits join the stock-pile. So far as geese and ducks are concerned, if you carefully remove the neck skin as a long tube, it makes a dandy sausage skin. Tie off one end, and stuff the receptacle with gizzard sausage mince, assorted herbs, garlic and so on, tie off the other end, and poach or bake. It makes a good talking point at a ladies' afternoon tea!

To remove intestines, make a transverse cut across the bird just behind the end of the breast-bone. Do this carefully as a vigorous slash can puncture the entrails and that leads to mess. If you insert two fingers into the slit in the direction of the front of the bird you will feel a hard mass. This is the gizzard. Pull it out, and with it will come a length of intestine. Cut this off and then split the gizzard in half. You can remove the contents and lining of the gizzard with your fingers, and, after washing it, add it to the stock pile. Now, carefully feel

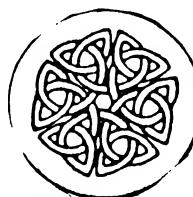
around inside the cavity, separating the liver and intestines from the ligaments which hold them in place. At the very front of the body is the heart which will come out with a steady pull, and then you can draw out the intestines and liver. Separate these and carefully cut the bile-sac from the liver, sacrificing, if you have to, a little of the liver in the process. The contents of the bile sac, if spilt on the liver, make it excruciatingly bitter and therefore inedible. We freeze the livers, six at a time, and they become in due course chicken liver pate. The kidneys and hearts, chopped up and fried in butter with a little onion and some chives, go well on a piece of breakfast toast. The testicles of a cockerel, rooster, gander or drake are found attached to the back next to the kidney. Remove these, adding the former to the bucket and the kidney to the edible bits.

The final task is to remove the intestines. Carefully cut partially around the vent without puncturing the colon, then push a loop of the colon out through the cut just made. Now, cut the vent away from the body and pull the intestines out. All that remains is to wash out the cavity. In lieu of testicles a hen, goose, or duck has an oviduct and ovaries, the latter also attached to the back. Female poultry who are still productive may have fully formed eggs or variously sized egg yolks inside the body cavity. These can be saved for cooking purposes, and the oviduct goes into the bucket.

There remains the problem of the remains. In true peasant societies even the intestines are washed, cooked and eaten. I have seen a dish proudly labelled 'delicious bowels' on a menu at a restaurant in Athens. However I haven't tried them and I doubt my powers to persuade my wife to prepare the treat. You can bury the remains, whereupon a rat or fox will gleefully dig them up. What I do is to cook them on the barbecue, heads, blood, leg skins, the lot, in water and then mix in pollard or meal of some sort and feed the resultant dish to the surviving chooks. My wife accuses me of promoting cannibalism, but that, I think, is better than encouraging the rats and foxes.

One last word: the older the hen, the tougher the meat and the greater the deposit of fat in the body cavity and under the skin (cholesterol galore). I always dispose of hens after their second laying season when they are still edible. The fat deposit in the body cavity can become so large, over time, as to impede digestion.

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PENPALS

I am 14 years old and I would really like some penpals of any age boy or girl. My interests are listening to pop music, horse riding and going to the beach.

Karina Wood, 95 Walker St, HELENSBURGH 2508.

Hi. I'm 16 years old and would love to hear from any Australian males aged 15-25. Will answer all letters. My interests include horse and motor-bike riding, reading, writing letters, music that you can get down into, working outdoors. I hope to become a jillaroo early next year.

Tina Perry, Clarke Island, C/- PO, GLADSTONE 7264.

I am 22 and interested in writing to male penpals. I like most outdoor activities, horse riding and cycling but don't have much opportunity in the city. I love music, and going out. All letters will be answered.

Melissa Lapham, 14 Cardigan Rd, GREENACRE 2190.

Wanted — female penpal 17-25 years preferably from NZ for bearded male 21 years. Interests are star gazing, self-sufficiency, wild plants and nature religions.

Karl, 3 Quarry Rd, GREEN ISLAND, DUNEDIN, NZ.

I'm looking for a female penfriend between 13-15. My interests are horseriding, reading, Janet Jackson and Whitney Houston. I answer all letters.

Kirsty Dasecke, PO Box 74, MARYBOROUGH 4650.

I am 23 and my hobbies are writing letters, reading and volleyball. I have studied for science degrees in commerce and education.

Josephine S. Sareal, 30 Sampaguita St, GENERAL SANTOS CITY, PHILIPPINES.

I am 35 years old, Filipino, non-smoker, non-drinker and interested in letter writing and meeting friends, especially far across the sea.

Arsenia M. Dioquino, Blk. I, St. George's Rd, 04-39, SINGAPORE 1232.

Hi, my name is Melanie Brinkworth. I'm 17 years old and would love to hear from anyone. I will answer all letters. I love animals, bike riding, swimming, walking and anything that's fun.

58 Lisadell Rd, MEDOWIE 2301.

Hi, I'm 10 years old and live on a farm with my mum and dad, brother and three sisters. I enjoy riding my BMX bike, helping in the shearing shed, writing letters. I play tennis and football (Aussie Rules). I would like a boy penfriend my age from Australia or NZ. I would answer all letters.

Paul Jolley, PO Box 9, KAROONDA 5307.

Hi! My name is Linda Evans. My hobbies are collecting different things, camping, swimming, cooking, reading, writing letters and being in the Girl Guides. I am 14 and would like to write to people 12-20, male or female, with similar or different interests.

16 Baronia Dve, MUSWELLBROOK 2333.

Hi! My name is Tony Forshaw and I am 10 years old. I would like a penpal between the age of 9 and 10. My hobbies are swimming, tennis, riding my bike and computers. I also collect coins and stamps.

20 Wassell St, WYNNUM NORTH 4178.

I am female, aged 20. My hobbies are receiving letters, sports and exchanging gifts. I would like penpals from all over the world, especially in the European countries.

Gloria A. Mensah, C/- Christ Evangelical Assembly Church, PO Box 868, MAMPROBI, GHANA, WEST AFRICA.

I am a single Filipino, aged 20, I am studying pharmacy. I plan to start my own business some day. My interests are reading, cooking, poetry, music, chess and playing sport. I would like a sincere honest male penfriend.

Ma Uia S. Prieto, University of the Visayas, C/- Pharmacy Dept. CEBU CITY 6401, PHILIPPINES.



MAKING FRUIT WINE



by L. Marold, Guildford, Vic.

For the last few years I have been making fruit wine. It is amazingly easy with a little care and makes excellent use of annual fruit gluts with which we, at least, are faced each year.

Around our district the pome fruits (apple, pear and quince) predominate, with peaches, nectarines and plums a close second. Also to be had for the taking are mulberries, blackberries and elderberries. We always scrounge our fruit from wild or feral trees, or raid friends' and our own orchards, thus ensuring unsprayed fruit, (not to mention free!).

All of the above make excellent wines, for a small initial cost for equipment, plus a few other ingredients for each batch. My wine costs me about \$8 for 23 litres (5 gal), plus about 4 hours labour. Homemade wine has a lovely and individual flavour and body never achieved by commercial wine makers, plus it is guaranteed free of any noxious ingredients. The very mood induced by a fine clear apple or quince vintage is a completely different experience to that you get from commercial plonk!

SETTING UP

Basic Procedure

To make fruit wine you basically need fruit, water, sugar and yeast. The fruit is mashed and soaked in water with the yeast, then the 'must' (young wine) is strained off into a fermenter (large airtight container), sugar is added and it is left to bubble away until clear.

As can be seen, it is a slightly different process to that of grape wine or cider, where only the juice of the fruit is fermented. It is difficult to press the juice out of many fruits without using large equipment or consuming many hours. This method also makes use of fruits such as elderberries, which may be too strong flavoured to use in large quantity.

Equipment

To make good wine you must have the basic tools which turn wine making from a hit or miss operation into a fine art. They also make the whole process so much easier. They are: Fermenter — a vessel large enough to take the quantity of wine you plan to make. A 4.5 litre (1 gal) or 9 litre (2 gal) glass jar is perfect. For bigger quantities I bought a 20 litre (5 gal) plastic beer fermenter which is superb. A word of warning: never use exposed metal containers and never, NEVER use a galvanised rubbish bin. Wine strips off the galvanising into itself. (Yuk!)

Fermentation bin — this is to put the fruit and water in for a few days prior to the wine going into the fermenter. A plastic rubbish bin is fine — it's not used for long enough for anything to taint the wine.

Airlock — for the fermenter. These cheap little devices (about \$1.20) are essential for preventing the invasion of young wine by feral yeasts and beasties which may ruin it.

Various winemaking products such as:

1. Sterilizing agents — hygiene is of utmost importance in successful winemaking. Equipment, as well as the wine itself, is sterilized by sulphur dioxide gas, which is obtained by using

either sodium metabisulphite or Campden tablets, both of which are readily available. Added to water they make a sulphite solution in which ALL equipment should be scrubbed and/or soaked, at the rate of 4 tablets to 600 ml (1 pint) cold water. Alternatively, equipment can be boiled or baked (heated).

2. Wine nutrients, grape tannins, citric acid, pectic enzyme, dehydrated wine yeast. The first three of these help the wine yeast adjust to fruit that is not grapes. The fourth one is used in pectin-high fruit to break down pectin, so the wine will not develop into an alcoholic jelly! The last ensures a proper fermentation.

Something to squash the fruit in and with — I use a tall stainless steel bucket and a big piece of 75 x 75 mm (3 x 3 in) wood.

Bottles — 2 litre and wine size, all clean and with new corks.

Bits and pieces — all of which I had already in the kitchen (bar 2 metres of clear thin hose for siphoning) — siphon hose, straining material, funnel, scales, measuring spoons.

Any specialised equipment or ingredients not obtainable locally are available very promptly by mail order from Australian Home Brewing, 113 Poath Rd, Hughesdale 3166, (03)5687796.

MAKING THE WINE

Wine making can be seen in three more or less separate stages.

Preparation

This is actually the hardest slog. Fruit for wine has to be of reasonable quality, so you have to sort, wash and remove any rotten bits. No peeling though, the peel adds colour and flavour. Then crush the sorted fruit and drop into the fermentation bin to which you have added the water, Campden tablets, any acid, pectic enzyme and a little grape juice.

After leaving for 24 hours for the enzyme to work, the yeast, tannin and nutrient are added. This then leads to the next stage.

Fermentation

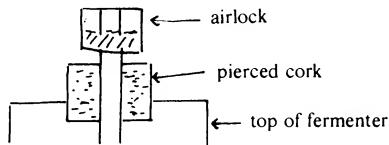
This is when your input to the whole magical process is passed over to the yeast. And away it goes! The fruit pulp in your bin begins to take on a winey alcoholic smell, and insists on floating to the top. It should be pushed under the liquid about twice a day. It also bubbles and wheezes at you. Resist the temptation to look at it too often and keep it tightly lidded.

About six or seven days after the fermentation has begun it's time to squeeze and strain out the wine from all that hard-squashed pulp. It will have extracted all the flavour and colour from the fruit, and can now go into the fermenter, in which it will spend the next few weeks.

I strain my pulp through 3 layers of window curtain netting which has been soaked in sulphite solution for 5 minutes. I suspend it over the fermenter and pour the pulp and liquid through it. Every so often I stop pouring and squeeze

the netting bag to extract as much liquid as possible. The leftover fruit is relished by poultry, it gets them a little sozzled!

This operation is the last manual labour involved. The 'must' is now in the fermenter, the sugar is added, the lid fitted and the airlock inserted.



Sit the fermenter in a warm room — the lounge is best, I've found, away from the fire — and it will do its stuff without any further intervention. At first it will bubble away merrily, causing the wine to hiss gently like lemonade in a glass, and the airlock to bubble every few seconds. Later the bubbling slows down to perhaps once or twice a minute. This will continue until one of two things happens — either all the sugar has been converted to alcohol or no more alcohol can be tolerated by the yeast, and it expires. This can take several weeks (6-10) and leads to the final stage.

Maturation

The wine by now should look much clearer than the original liquid you put in and should have stopped fermenting. If you cannot observe any bubbles in the airlock after an hour or two of close observation you can be fairly sure the wine has fermented out.

Now siphon the clearing wine into sterilized 2 litre flagons, being careful not to include any of the sediment which forms on the bottom of the fermenter. This is called 'racking off'. I then cork the flagons tight with new corks which have been soaked in sulphite solution for 20 minutes. I also add $\frac{1}{2}$ a Campden tablet per flagon to guard against wild yeasts. I then put the bottles upright under the bed to complete the clearing process. A cool dark cupboard will do as well.

After a few months (3-6) the wine will have dropped the remaining sediment, and can be racked into wine bottles, again being careful to avoid any sediment. Fill the bottles to within 3 cm (1 in) of the top. Cork, label and lay the bottles down on their sides to mature. After this it's anybody's guess how long you can resist it! However it will improve with age.

Recipe

The following recipe I have used many times without failure. It is suitable for apples, crabapples, quinces and pears. For quinces halve the citric acid, for pears double it. Otherwise all else stays the same. A few elderberries will impart an amazing flavour to apple wine, or mix all fruits to make a 3 or 4 fruit wine.

Ingredients to make 23 litres (5 gal) pome fruit wine:

45 kg washed unpeeled pome fruits, crushed (this seems a lot, but squashes down to half fill a bin)

16 litres clean cold water

10 tsp citric acid

10 tsp pectic enzyme

2 litres grape juice

10 Campden tablets

5 tsp grape tannin

1 pkt all purpose wine yeast

5 tsp wine nutrient

8 kg white sugar (10 kg for quinces/crabapples)

Method — Sterilize ALL equipment with sulphite solution.

To recapitulate:

1. Drop fruit into fermentation bin, with water, citric acid, pectic enzyme, grape juice and 10 crushed Campden tablets. Allow to stand 24 hours in warm place, while the enzyme works.

2. Stir in tannin, yeast and nutrient and ferment on the pulp for 6-7 days, keeping the fruit submerged and the bin tightly lidded.

3. Strain out, press and discard fruit. Pour 'must' into fermenter, stir in sugar, fit the airlock and allow to ferment out.

4. Rack off into two litre flagons, allow to clear, rack off again into final bottles.

Wine is easy once you understand the basic principles, and use a little common sense. ENJOY.

A useful little book for those making their own wine is *Home Winemakers Recipes*, by D. McKechnie, available from Night Owl Publishers, PO Box 764, Shepparton 3630, for \$6.50 posted.



SUNBURN

First Aid for Sunburn Sufferers

Despite all the good advice, every now and then we fall prey to sunburn, so a quick first aid course in the treatment of sunburn will not go astray. Firstly, ice-cold compresses patted over the sunburnt area will help. Poultices made from potatoes are remarkably soothing, as is crushed juiced lettuce and/or cucumber and a mash of paw paw. Vitamin E cream or lotion slathered on generously should help to minimise blistering. If you do blister, avoid pricking or piercing the blister caps as they do readily become infected. Severe sunburn should not be dismissed lightly, as it can mean you are actually in a state of shock, which should be treated medically. Sunburn sufferers are likely to be dehydrated, so sip fluids frequently — try a cold herbal tea such as rosehips or lemon balm, both of which contain recuperative nutrients.

Reprinted from *The Sage*, Vol 1, No 2, Jan 87.

Relief from Sunburn

- The small leaves of the Sweet Bursaria (sometimes called the Christmas Tree) contain a substance that absorbs the rays of the sun, therefore preventing sunburn.

- An excellent sunburn lotion: cut a lemon into thin slices and pour 315 ml of hot milk over the slices. When cold, strain the curdled mixture through a sieve or muslin. Pour the liquid into a bottle and store in the refrigerator. Shake the bottle before applying the lotion.

- A cloth saturated with cold tea and placed over the burnt area will relieve sunburn.

- For instant soothing relief from sunburn, place the inside of a slice of watermelon (i.e. the white edge inside the skin) onto the sunburnt area.

From *Inneraction*, Nov-Dec 1985.

GREENHOUSE MANAGEMENT

Part III

by John Mason, Lilydale, Vic.

Previous articles in this series have covered the various types of greenhouse and their uses, environmental needs of plants and temperature control. This issue John discusses different ways of heating your greenhouse.

There are two main types of heating systems.

CENTRALISED HEATING SYSTEM

Normally this consists of a boiler or boilers in one location, generating steam or hot water which is piped to one or more greenhouse complexes. This is usually the most expensive to install and may be more expensive to operate. There are side benefits though (e.g. steam which is generated can be used to sterilise soil, pots and other equipment). This type of system is only appropriate in large nurseries.

LOCALISED HEATING SYSTEM

Several individual heaters are normally used, blowing hot air into the greenhouse. Hot air is often distributed through a plastic tube or sleeve 30 to 60 cm (12 to 24 in) in diameter, which is hung from the roof and has holes cut at calculated intervals for even distribution of warm air. The main types of localised heaters are discussed below.

Unit Heaters

These consist of three parts:

1. Fuel is burnt in the firebox to provide heat at the bottom of the unit. Fuel could be gas, oil or something else.
2. Heat rises through a set of thin walled metal tubes or pipes, which heat up. There is an exhaust outlet for fumes above this.
3. Behind the heated tubes is a fan which blows cold air through the pipes out the other side into the house.

Convection Heaters

These are cheap to purchase and therefore frequently used by hobbyists and small commercial growers. They differ from unit heaters in that they do not have a built-in heat exchanger. Fuel of almost any type can be combusted in the firebox e.g. wood, coal, gas, oil. Hot fumes then pass out of an exhaust pipe which can be placed between rows of plants, above the heater, or wherever you wish. The exhaust pipe should be sufficiently long (or outlets placed far enough away from plants), to ensure dangerously hot air does not come in contact with the plants. A metal stove pipe or insulated ducting is ideal; however, polythene tubing can be used as well. A pot belly stove or something similar could be used as a convection heater.

Electric Heaters

In some parts of Australia, electricity is cheap. If you happen to have cheap electricity, an electric heater may be considered. These generally consist of a heating element and a fan which blows air across the heating element and into the glasshouse. This type of heater can cost as little as 2 cents per hour to operate, but in some places as much as 15 cents or more. (Costs calculated for operating a 2000 watt heater which

would be sufficient to heat a 3 x 4.5 m/10 ft x 15 ft house.)

Solar Heaters

There are several different types of solar heaters which can be used or adapted for use in greenhouse heating. The components of a solar heater are:

1. A collector — different types are possible. They are usually panels heated by direct sunlight. The front is transparent to allow light in, the back is black and insulated to stop energy escaping. Light is converted to heat when it is absorbed by the dark surface.
2. A heat store — water and rocks are two of the most common stores. Water can be passed through the collector and returned to a storage tank of water. Air can pass through the collector and return to the storage tank of rocks.
3. A heat exchanger — pipes or tubes can pass through the heat store, out through the greenhouse and back to complete the cycle. A heat exchange fluid, or perhaps air can flow through these pipes.

A back up heater may need to be used in conjunction with a solar system.

Radiant Heaters

Low energy, infrared radiant heaters have become popular in the USA in recent years. Growers report significant savings on fuel costs.

Part IV next issue will deal with control of pests and diseases, particularly fungal problems, and will also look at plant water requirements.

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CRYPTIC CROSSWORD

Continued from page 53

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DISPOSAL OF HUMAN WASTES

PART II

by Ron Hawkins, Kookaburra Farm, Bowraville, NSW.

In Part I last issue Ron discussed the main principles of efficient waste disposal and treatment. He outlined the requirements of the ideal system and explained the typical process for treating modern urban sewage. This issue he goes on to deal with the various options available for rural waste disposal and re-use, evaluating each method in terms of health, aesthetic and economic considerations, as previously outlined in Part I.

RURAL SYSTEMS

Now for some methods suited to the farm.

Camping Techniques

This is the most primitive method of waste disposal whereby one heads off into the bush with a mattock. The squatting is good for you but the prickles, ants, and 'minefield mentality' aren't. Longer term residents will probably soon opt for one of the more refined options. This method depends on the diligence of the digger but could generally be rated as low on health, low on aesthetics and low on economy.

The Pit

In this method a large hole is excavated (by hand or machinery) and the toilet floor sits over the hole. Liquid from the wastes may evaporate somewhat but largely seeps into the subsoil. Soil, sawdust, lime, or a mixture thereof may be thrown in after use to discourage flies and smell, but the hole is generally deep and dark enough that visual sensibilities aren't affected. Such darkness is meant to discourage flies but good sealing from ground to floor, floor to throne and throne to seat is important also. The standard shop-bought plastic seats often need a brick on them to keep them closed to exclude flies. This type of toilet is frequently used in national parks and other remote areas. One rule for sizing the installation is to allow 2 cubic feet per person per year.

The success of this type of toilet is related to groundwater conditions. If on higher ground and reasonably permeable soil, urine and rainwater will escape from the hole and solids will reduce in volume with time. If the hole doesn't drain then it will probably be quite smelly. If well done this method rates OK on health, OK on aesthetics and low on economy.

The Can

Many villages or semi-rural areas rely on council night carts to remove their 'sanitary cans' for disposal, probably to a nearby town's sewage treatment works. The rural dweller can use the same cans but must dispose of the contents himself.

The sanitary can is generally housed in an outer shell which supports the standard plastic seat, and both can and outer shell are heavily galvanised. One can improvise however, and 20 litre cylindrical buckets can be recycled from a variety of sources. The lighter gauge metal buckets will probably rust out within a year or so and the use of sawdust will further increase the acidity and speed of corrosion.

The toilet arrangement we've used for the past six years comprises such a can and outer shell, which have been housed in a couple of locations as the original outhouse was demolished and another shed built. Much of the distaste felt for this type of toilet is due to the sight of other people's wastes so we keep a bin full of sawdust next to the toilet and throw in



a generous scoop after use. A sawdust and dolomite mixture is even better for smell and acidity reduction, but takes a little time to prepare at the rate of about 3 or 4 jam tins of dolomite mixed through a garbage bin full of sawdust.

When the can is full I empty it into the current 'toilet hole'. This is a hole about 1 m (3 ft) deep and 60 cm (2 ft) in diameter on top of which sits a wooden cover with a removable centre section. (This wooden cover was designed to allow one to defecate directly into the hole, but with the need to erect a privacy screen from new neighbours at each location we rarely use this facility.) Such a hole takes about 20 minutes to dig and lasts for about 6 weeks. The holes have been located throughout our orchard adjacent to each tree. They are also a convenient repository for small dead animals, smelly rubbish or old medicines that one occasionally has to dispose of.

The can system works best and needs less frequent emptying if it does not receive too much urine. This obviously cannot be rigidly enforced but family and long term guests are always aware of this arrangement. I would rate the system we've been using as OK on health, low on aesthetics and good on economy (as no water is wasted and as the trees will draw on the nutrients).

The Septic Tank

The flushing toilet and septic tank is generally seen as the most desirable form of waste disposal in rural areas. The toilet and cistern are generally located within the house and discharge to a septic tank say ten metres away from the house. The septic tank is generally a pre-cast concrete tank with concrete lid set in a hole in the ground. Incoming sewage from flushing the toilet (9 litres/2 gal typically) displaces some of the more purified water and this water flows out into an underground gravel drain and hence into the subsoil. There is no physical separation between incoming and outgoing flows, the method relying on the average retention time within the tank being long enough for most of the faeces to decompose. Too much flow being put through the tank (say bath and shower water) will act against this. It is important to

remember that the effluent from the tank is not safe to handle and must be disposed of underground. Topography, soil type and nearness of neighbours, public areas or watercourses should all be considered. Sludge build up in the bottom of the tank will probably necessitate pumping out by council or contractor after a period of years. I feel that the attraction of septic tank systems is the flushing toilet within the house and few people know or care what goes on in the tank and beyond. Personally, I like having the toilet outside. One can see the weather and the stars, and be well away from the phone and the washing up. Even a flushing toilet allows toilet smells inside the house. I would rate the septic tank system as good on health, good on aesthetics and low on economy.

Composting Toilet

Composting toilets work on the principle of aerobic decomposition of wastes. This involves keeping air moving over and through the wastes and also preventing anaerobic conditions that would come about by ponding of water or urine. (Separate disposal of urine should be encouraged as outlined below). Many of the small portable toilets such as the Swedish 'Clivus' and others now available work on composting principles. They may have an electric heating element to evaporate excess moisture, a fan to force air circulation and maybe a stirrer to agitate and mix the heap. The principles that apply are similar to compost making in the garden. One must balance the high nitrogen inputs (manure, urine and animal products) with high carbon inputs such as sawdust or straw to form a mixture that breaks down quickly.

Composting toilets have the advantage of not using water and of yielding a fertiliser which should be ideal for spreading around fruit trees. People have built such toilets inside their

homes and they can be kept quite odourless, but the one we are building at present is away from the house. It consists of two adjacent chambers made of concrete blocks and upper and lower concrete slabs. The upper slab forms the floor of the toilet and we were fortunate in having a hole (mud brick excavation) in which the chambers will sit. Failing this, or a steep bank, one would have to climb steps to the toilet. The upper slab will support a timber and corrugated iron enclosure of conventional construction, and two holes in the upper slab will permit one chamber to be in use at a time while the wastes in the other side decompose further. We are paying particular attention to the following aspects:

1. Keeping aerobic conditions within the chamber. This is important for reduction of odours and to permit high temperature build up which is helpful for destroying pathogens. High vent pipes above the roof and inlets in the doors to the chambers should permit good air movement. Whilst not sure of its necessity, I'm making provision for an outside operated arm to sweep across the floor to stir the heap.
2. Keeping the chambers flyproof by tight fitting doors with rubber seals and screens on all vents.
3. Darkness within the chambers to lessen the visual impact of previous deposits, and lessen the attraction to flies.

In operation we will encourage the separate disposal of urine as outlined below. After using the toilet we will throw in sawdust as with our can system. I envisage that one chamber will be in use for about a year at which time we will swap to the other chamber and leave the first lot to mature for a further year before using the compost. We may also experiment with introducing worms. It's not built yet of course, and I've only seen one in operation, but that won't stop me giving the following ratings to the composting toilet. Good on health, good on aesthetics and good on economy.

Worm Toilets

Although I have seen no mention of this technique in books or magazines it is being used by some people in this area with apparent success. Worms of the type that are bred in worm farms, tiger worms and red wrigglers, like a diet of fairly fresh animal or human manure. One method is to empty the toilet can into a sealed container (buried corrugated iron water tank with liftable and well sealed lid) and the worms will soon find the zone of freshness at which they thrive. The sewage is then reduced to worm castings which after ageing can be used as the previously mentioned compost.

Disposal of Urine

Urine can be collected, diluted and used as a fertiliser on fruit trees, although I would not use it on a vegetable garden. It can be applied to compost heaps to add nitrogen or if soaked up by sawdust will rapidly break that sawdust down into a usable compost. One simple widely used technique is to urinate on the lawn around the house and then harvest the nitrogen-rich lawn clippings, which are useful as a mulch.

I hope this article has helped *Grass Roots* readers clarify their thoughts on this very 'down-to-earth' subject.

The Hawkins run a self-sufficient farm open to the public. For further information ring 065-647-461.

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Materials and Mixes for Concrete on the Farm

With a little preparation, concreting can be made simpler. The basic requirements of good quality concrete are:

- proper selection and storage of materials
- selection of suitable mix proportions
- accurate batching of materials
- adequate mixing
- proper techniques for transporting, placing and compacting
- adequate curing

MATERIALS

Portland Cement

Cement is the most important ingredient in concrete. When mixed with water, Portland cement undergoes a chemical reaction called hydration, which causes the setting and hardening of the concrete mass by binding the particles of aggregate together.

The types of Portland cement suitable for use on the farm are given in table 1.

Table 1. Types of cement and their uses.

Name	Use
Ordinary Portland Cement (Type A)	All normal building work
High Early Strength Cement (Type B)	Cold weather concrete
Sulphate Resisting Cement (Type D)	Concrete in contact with aggressive ground water or raw sewage
Blended Cement (Type FA)	Normal building work

In most cases, Ordinary Portland or Blended cement will suffice. It is sold in multi-walled paper bags, each containing 40 kg of cement, i.e. 25 bags to the tonne.

If stored for long periods, cement may absorb moisture from the atmosphere and commence to deteriorate. The formation of hard lumps in the bag is an indication of this. The loss of strength of cement stored in bags can amount to about 5 per cent per month of storage after 2 to 3 months. These simple rules apply to cement storage:

- Use cement within 3 months of purchase.
- Store cement in a dry place, up off the ground.
- Use oldest cement in storage first, when multiple deliveries of cement are needed.

Aggregates

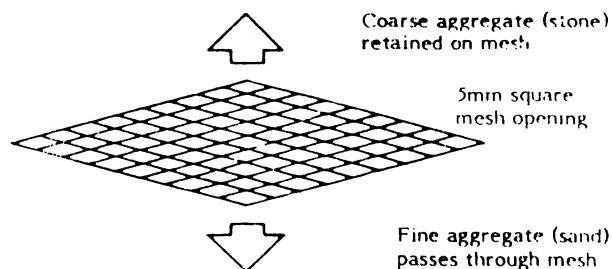
General. The aggregates used in concrete are sand and stone and make up between two-thirds and three-quarters of the volume of the concrete. They are essentially low cost fillers and must have the following basic characteristics:

- hard and durable
- clean and free from harmful impurities which can either impair the setting and hardening reaction of cement, or prevent bonding of the cement paste to the individual aggregate particles

Size. Aggregates are classified as either fine or coarse depending on their particle size. Those which pass a 5 mm

sieve are called 'fine' (sand) and those which don't are called 'coarse'. (figure 1).

Fig. 1. Classifying aggregates according to particle size.



Because the smaller particles in mixed concrete fill the spaces between the larger particles, it is more economical to have a combination of fine and coarse aggregate in the mix. It should be noted that concrete made with larger coarse aggregate will be more economical in cement usage than that made with smaller aggregate.

Fine Aggregates

Normally, the source of fine aggregates is naturally occurring sands (pit sands), or gravels (bank run gravels) which may require screening to remove larger sizes. Fines produced from the crushing of natural rocks (crusher fines) may also be used though these may contain an excess of very fine material. Beach sands should not be used unless washed several times.

An ideal fine aggregate will have the characteristics shown in table 2.

Simple tests are available to evaluate the quality of fine aggregate in terms of the amount of clay and organic impurities.

Silt or Clay Test. A sample is placed in a jar of water to which common salt has been added (2 teaspoonsful to 1 litre of water) in the proportion of 1 part sample to 2 parts solution. Shake the mixture vigorously and gently tap until the surface of the setting sand is level. Allow to stand for 3 hours, then read relative levels of sand and silt layers. If the depth of the silt layer is more than 10 per cent sand, then the materials should be washed to clean it, or another fine aggregate source obtained. This can be used to give a good indication of the amount of very fine material present.

Organic Impurity Test. Place sample in bottle with 3 per cent sodium hydroxide (caustic soda) (30 g of sodium hydroxide in 970 ml of water) in proportions of 3 parts sample to 5 parts solution. Shake the mixture for not less than 30 seconds and allow to stand for 24 hours. If the caustic soda solution which is clear at first, darkens beyond a pale yellow (weak tea), the material is suspect and washing may be necessary unless further tests are made.

Coarse Aggregates

The source of coarse aggregate is normally crushed rock such as granite, basalt, quartzite and hard limestone or bank run

gravel which is the material taken from the pit or river bank in which it is found. Bank run gravel can contain a high percentage of fine material which complicates its use as coarse aggregate. The best way of handling this is to separate it on a 5 mm screen and then re-combine the fine and coarse fractions in the correct proportions.

Graded (all in) aggregate simply means that the material contains particle sizes from large to small. Single size aggregate means that the material contains particles mainly of the size nominated, with most of the smaller sizes having been screened out.

Table 2. Characteristics of ideal fine aggregate.

Desirable Characteristics	Reason
Uniform spread of particle size from 5mm down	Most economical use of cement ¹
Free from excess of very fine particles	Excess fines require more water in mix to obtain workability and can lead to high drying shrinkage and reduced strength.
Clean (no loam or clay)	To ensure bonding of cement paste to particle. Excessive clay reduces strength.
Free from organic impurities such as sugar, salts and animal wastes	Impurities interfere with the chemical reaction between cement and water.
Free from wood, leaves, etc.	These objects can float to the surface and cause problems in finishing as well as staining and leave holes when they decay.

Table 3. Mix types and their uses.

Mix	Use	Reason
A	Water retaining structures. Fence posts. Piggery floor slats. Thin reinforced walls. Floors for: Dairies, slaughter houses, food processing areas, piggeries.	Good watertightness. High strength, good protection of reinforcing steel from corrosion. High wear resistance. Good chemical resistance.
B	Floors for workshops. Machinery sheds. Product stores. Tilt-Up wall panels. Concrete walls for small buildings. Precast paving slabs.	Good wear resistance. Easy to finish. Good early strength. Good finish off the formwork. Good wear resistance.
C	Floors for houses. Pathways. Garages. Footings for small buildings.	Adequate strength. No heavy wear or watertightness requirement.

Table 4. Suggested quantities for various mix types.

Mix	Water/Cement Ratio	Fine Aggregate Condition	Suggested Proportions by Volume - Litres (for 1 bag (cement) mix)			
			Cement	Fine Aggregate	Coarse Aggregate	Water
A 1:1½:2	0.45 to 0.50	Dry	30	45	60	18-20
		Damp	30	54	60	14-16
B 1:2:3	0.55 to 0.60	Dry	30	60	90	22-24
		Damp	30	72	90	15-17
C 1:2½:4	0.65 to 0.70	Dry	30	75	120	28-30
		Damp	30	90	120	20-22

NOTES: 1. One bag cement = 30 litres.
2. Fine aggregate bulking 20 per cent at 5 per cent moisture content (normal for sands).
3. 20 mm maximum aggregate.

The maximum size of the aggregate will vary with the job in which the concrete is to be used. Generally, a 20 mm maximum sized aggregate is convenient since it can be mixed and handled with normal equipment. However, for mass concrete footings and the like, aggregate up to 30 mm may be used. The factors limiting size are the ability of the mixing, transporting and placing equipment to handle the larger sizes, and the necessity in reinforced concrete for the aggregate to be small enough to pass between reinforcing bars and between the bars and the formwork. A good rule is to use aggregate no larger than the smallest of:

- one fifth of the minimum dimension of the section, for example the thickness of a slab,
- two thirds of the clear spacing between reinforcing bars, or
- two thirds of the distance between the bars and the formwork (called the cover).

Mixing Water

The mixing water for concrete should be free from any impurities which are harmful to the setting of cement. A good rule is to ensure that the water used is fit to drink. Bore water and sea water can be used to make concrete, but the high proportion of dissolved salts will cause premature corrosion of reinforcement, and can lower the strength significantly.

MIXES

Selection of Mix Proportions

Table 3 sets out three mix types suitable for various applications of concrete on the farm.

Having selected the mix type appropriate for the conditions of use, table 4 provides the information necessary for working out the quantities required. These are suggested proportions and may require adjustment to suit the actual material being used.

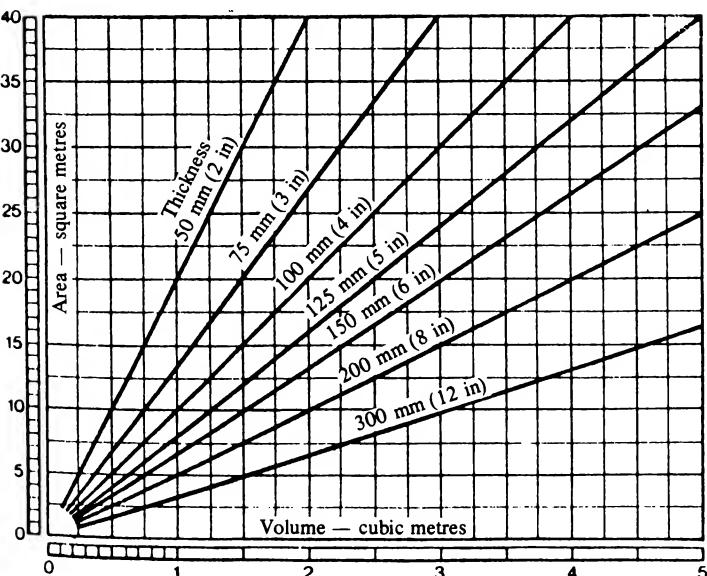
The water/cement ratio is obtained by dividing the weight of water in mix by the weight of cement in mix. Because weighing devices are not always available on the farm, an assessment of water/cement ratio can be made by dividing volume of water in mix (litres) by (number of bags of cement x 40), e.g. for a mix containing 1 bag of cement and 20 litres of water, the water/cement ratio is:

$$\frac{20 \text{ litres}}{1 \times 40} = \frac{20}{40} = 0.50$$

Remember that increasing the water/cement ratio decreases the compressive strength of the mix.

Table 4 shows that there is a difference in mix proportions for fine aggregate depending on its moisture condition. In practice, fine aggregate will rarely be completely dry. The

Fig. 2. Concrete ready reckoner for small jobs.



moisture contained in fine aggregate has two important effects:

- It will cause bulking of the material, necessitating a compensation in batched volumes.
- It can cause an increase in water content, hence an increase in water/cement ratio.

Mix proportions detailed in table 4 reflect these effects. Unless fine aggregate is completely dry, it is recommended that trial mix proportions are based on figures listed for 'damp' conditions.

MATERIAL QUANTITIES

When ordering material for a concrete job, calculate the volume of concrete required in cubic metres. A concrete ready reckoner is useful for working out quantities (figure 2). With sufficient accuracy the quantities of materials required per cubic metre of concrete are:

Fine aggregate	0.5 m ³)
) all mixes
Coarse aggregate	1.0 m ³)
Cement		
Mix A	11 bags	
Mix B	10 bags	
Mix C	8 bags	

PREMIXED CONCRETE

Where premixed concrete is economically available, make sure you specify the mix type, grade and aggregate size required. Discuss with the company quantity required, times of delivery and any special requirements such as cement type.

Information courtesy of the Cement and Concrete Association of Australia, a non-profit organisation sponsored by the cement industry to provide information on the many uses of cement and concrete.

NATURAL INSECT REMEDIES

To prevent insect bites, sponge your baby with an infusion of camomile flowers; or rub on citronella oil or oil of eucalyptus. If bitten, wipe the bites with weak ammonia. For bee stings, remove the sting and apply the bruised leaf of plantain. For wasp stings, use vinegar or lemon juice.

ICED HERB TEAS

There are countless variations of herb teas and many of them adapt well if served iced, as cooling summer drinks. Try your favourite herbs in various combinations. Make up as ordinary teas and then chill. Top with fresh mint, or try floating sky blue borage flowers for extra appeal.

A few suggestions:

- rose hip and lemon balm
- peppermint and alfalfa
- lemon verbena and mint
- hibiscus, raspberry leaf and mint.

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Down home on the farm...

by David Miller.



Megg and I have never been fond of the heat. We do enjoy the sunshine, especially in autumn and spring, but the prospect of a hot summer is enough to bring on a bout of mild depression and a hasty review of inside jobs.

Yes, it has been torridly hot here lately, and we grumble through the day pondering that old question, 'Why do we stay here when we hate the heat?' When we first moved here, the decision was not hard to make. There was a house, a couple of acres, and a large shed where we could keep our dogs. We don't like moving either, so we've stayed, with the result that Sunshine has had a remarkably stable childhood. When we talk of moving to the farm, she feels sad because this is the only home she has known.

Wherever you live, there is always some redeeming feature that puts the uncomfortable into a better perspective. Here it is the weather that blows wildly in from the west.

For the past week we have all cooked. The pasture has turned yellow and the crops have dried out, birds have stood around with their wings out, drooping, and their beaks open, while the dog has dug diligently deeper into the cool earth to escape the searing midday solar furnace. Evenings have brought only mild respite before we were driven restlessly from our beds by the early promise of another bake. After the first few days, we remember the pattern and just wait for the drama that terminates each performance. Suddenly dark clouds can be seen on the western horizon. They amalgamate and deepen as they sweep furiously towards us. The wind softly rustles the branches high in the trees, and a few leaves move restlessly in anticipation. There is a lull as clouds block the sun and afternoon is turned into evening. Then mother nature lets loose. Down sweeps the wind onto our little paddock, bending the trees and shrubs, rattling the iron on the roof and blowing empty buckets around the yard. Weak branches are culled for next year's firewood, birds are forced off their fleeing course, and dust is whisked high into the air. This is a drama in three acts, the first one a dry reminder of nature's wild fury.

Just as we remember what should be put under cover, the second act begins. Rain pelts down, drumming madly on the tin roof, bringing the dust back to earth and cutting through the searing heat. Megg suddenly remembers something that must be brought in and rushes into the height of the storm. I get bowls for the leaks inside and open the windows to let in the cool air. As thunder rolls and lightning flashes, Megg returns, soaked but happy, full of tales of 'just in time'. We sit on the verandah watching our favourite scene as another crash is heard overhead. 'That was a bit close!' She disappears inside to check the drips, move the bowls and change towels. We sit on the verandah and celebrate silently, feeling the wind blow all around us, and the rain hit our faces. What a relief!

The finale is heralded by a break in the clouds and soon all is still and renewed, while the gale speeds east across the paddocks to bring respite to all in its path. For a moment there is stillness except for the dripping leaves, then the signal is given for life to start again. Birds pop out, tentatively at first, then more follow the leaders and everyone goes prospecting to see what new morsels have turned up. We go inside and make a drink, feeling refreshed by the drop in temperature and the spring-cleaning of the bright green vegetation.

The Highland cattle also appreciate the cool weather. Right in the middle of the last squalls, amid an unusual summer combination of rain and hail, Tansy dropped her first calf. MacRobert is a chunky fellow, full of the joy of living, who tears full speed around the paddock, dodging in between the other cattle, trying to be first to the finishing line, wherever that might be. He suddenly realises it is right next to his mother, and promptly runs out of steam when he gets there. A month later, our stud heifer started to show signs of imminent calving. Her udder filled quickly, and one evening when we were out she calved. Arriving home late, I walked down with the torch and found a little heifer in the grass. On returning with Megg, we found the heifer had moved quite a distance towards the other cows, and her mother had moved away. Now this animal is descended from the Queen's fold of Highlands at Balmoral Castle in Scotland, and she is quite sure humans are beneath her, so she never associates with them. This can be a worry when an animal has its first calf, because if the cow is skittish, the calf can be mismothered. This behaviour, by the way, is unheard of in Highland circles, but I was not about to take any chances. Picking up the calf, I moved it closer to the cow, only to find another calf in the grass exactly where the first one had been. I couldn't believe it — Highland twins, and both heifers! Very soon they were both racing around with MacRobert, all enjoying the games immensely, much to the concern of the inexperienced mothers. Now, of course, both mums have settled into the placid state usual to their breed, and look on fondly at these antics.

Another casualty of the heat was Duckie, who had been faithful to Rusty the turkey hen for many months, except for one small absence of a few days when the cats were unjustly blamed for his disappearance. But Rusty went broody and hid in the shed for weeks at a time with her head in a corner. Duckie became quite depressed when Rusty would not come out and play, so eventually disappeared altogether, presumably to become a duck at last. We see and you read about these trivial happenings from time to time, and dismiss them as just a ripple on the sea of life, but just imagine Duckie's trauma. How modern it is — the realisation that there is no place in the farmyard into which you were born, that your parents (the red turkeys) were not what they should have been, that

your first love did not live up to your expectations: the dawning of the realisation that you were really different from those around you; the search for your true self, trying a different lifestyle on the dam with those who accepted you, the flight back to home and security, only to be disappointed, then the flight to a new life — a complete modern classic all wrapped up in a little native duck. We can only hope that he is happy diving in a dam with his new friends.

Another surprise is the appearance of more orphaned native ducklings. Anna found them on the road dangerously in front of her van as she drove to work. She stopped and shooed them away, but they ran back again. This continued for some minutes until she decided that this behaviour would lead to them being flattened by the next passing car, so they arrived here in a box and were put in with the chickens. The pleasing result is two lovely Mountain ducks which have just shed their baby feathers and have put on their black and orange adult plumage. We expect them to take off someday when they find out who they really are, but until then we all enjoy their company. For native birds, they are surprisingly quiet and walk up if you pay them any attention. I just hope they don't walk up to a shooter in a few months, wanting to know what he thinks he is doing.

The new incubator has been too much of a success this year. We find that if it is full of eggs all the time, we do not have the room or the time to manage the larger number of birds hatching. There are now quite a few in various stages of growth, and while they are getting out of the baby stages into a more self-sufficient adolescence, we can reduce the numbers hatching so our modest growing facilities are not overloaded. Already we have a healthy number of growing turkeys to move into A-frames in the paddock, and various groups of purebred chickens already there enjoying the opportunity to scratch up a living.

We have some new ducklings out, too. These are mostly chocolate Runners. The Runners are a surprising elongated shape that lay well. We only have a trio, but it is unusual not to find two blue-green eggs every day on the floor of their pen. One has taken to nesting, and has laid six eggs in the corner of the shed in a well-constructed nest. Her only problem is a persistent Indian Game hen who has been impressed with the new construction enough to sneak onto it at the first opportunity each day to lay her egg. Mother Runner has to wait for some time to get it back, much to her consternation.

Sunshine is now into her fourth term away from home and coping really well with the challenge of living away. It is not long before she has nearly two months in which to catch up with our activities during her last term, and for that matter the whole year. When you are away, everything seems to change so quickly, and it takes more than just a weekend at home to adjust before you can return refreshed for the academic effort and the high jinks of the next couple of weeks during a term. I am sure Sunshine feels she needs a really good holiday, the sort where your mother pleads with you to stay in bed, brings in your breakfast, and sits around being interested in everything you have to say while you eat it. Generous helpings of bed, books and old friends will get her on top again and fit for the coming year.

Megg's birthday present this year was a roll of chook wire. I, of course, said that was ridiculous, but she pleaded for it,

saying that all she wanted was her own wire that she could use whenever or wherever she liked. Well, the wire arrived wrapped in ribbon, and has been sitting in the garden untouched for the last few months. This last weekend was garden clean-up. All year, the domestic poultry have been getting in and out of the place, scratching up the leaves and scattering mulch everywhere. After listening to my mutterings for some time, action has finally been taken. Megg has decided that all gardens must be wired in, and that way they will be safe from the marauding itinerants. The worst of these is Viola, the Plymouth Rock hen. Viola has had the intelligence to crack the security system of her yard by pushing aside the wire on the gate and slipping through into paradise for a general scratch and dustbath. This creates havoc, of course, and her popularity declined remarkably when she started to organise the others to accompany her. These joined the little Sebrights which easily flutter over the fence, the renegade turkeys and anything else that is trying to hide from the rooster, all creating pain and suffering for the plants. So each weekend we wire in another garden. Lately the whole scene has looked rather farcical. On surveying the paths lined with wire, I thought how odd it was. Others display their birds safely behind wire so their gardens can grow unharmed and people can walk round and look at it all. We wire in the plants so people and poultry can walk around looking at them. Behind all this is one simple law — it is a crime to incarcerate a bird. These masters of air and earth must not have their spirits confined.

Come to think of it, there is another unwritten law that takes precedence even over that just mentioned. It is that mothers are the most important race on earth and must be supported at all costs.

In our garden, mothers can get away with anything. If they make their nest in the open, they are provided with protection, food and drink. If they find a safely camouflaged spot, everyone has to walk around pretending they don't know the bird is there so it feels secure (they do have feelings, you know). And if they stray in with their brood, then they have to stay because the diet of fresh green grass produces such healthy birds and you simply could not leave them to the ravages of the paddock. Now there is no way one can argue with this logic, which sometimes results in the whole gardening effort being compromised in the closing stages of some project when a proud mum and her brood find the gate ajar and enter paradise. Or the eggs under Bluebell, who has been sitting under the kangaroo apple, suddenly hatch and she marches proudly around encouraging the youngsters to search for food in the newly dug beds here, or in the seedlings there. I suppose Megg is really running a women's refuge for the birds in the garden. It is an ideal environment in which to nurture any young single parent family, providing camouflage to protect them from hawks, the best of nutrition, an ideal training ground in which to learn life's survival skills, and best of all, those marauding roosters looking for 'you know what' are safely on the other side of the fence. There is only one real problem. Every young lady who is brought up in the garden and who subsequently finds herself the victim of the forces of nature, wants to take her own brood back to that idyllic place where she was reared so her offspring have the same stable start in life. And I am sure Megg would love to have them all.

GRASSIFIEDS

PROPERTY FOR SALE

NEW SOUTH WALES

KEMPSEY 70 acres bush block. 25 min from town. NE aspect. Cleared home site, plenty of good building timber, phone, all weather access, views of lower Macleay. Ph: 02-630-1639 after 7 pm.

MACLEAN-WOODFORD IS. 80 acres, timbered, hilly, creeks. Two BR stone house, workshop, carport, adjoins state forest, fenced two boundaries, own power and water, phone, 35 mins to Grafton, 15 to Maclean, 25 to beach. Couple divorced, must sell, \$72,000. Write Toni York, Lot 4, Richardson Rd, PARKERVILLE 6553. Ph: 09-295-4009.

GOULBURN BUNGONIA area 210 acres bush block, views, two large dams, electricity, council road frontage, quiet spot, wildlife, \$43,000. 55 acres \$26,000. Ph: 048-216-316.

SOUTH COAST NSW Dignams Creek, 33 acres, undulating, 5 min from Tilba, 20 min from Bermagui & Narooma. Lightly timbered with improved pasture, fenced, rabbit proof garden & 1/2 acre goat yard. Power & phone to a recently built 1 BR Western Red Cedar cabin. Slow comb stove, nth east aspect, view of mts, sheds & 3 dams — 1 spring fed. Easement to perm creek. Good access, school bus & mail. 1 km from hwy. Backs onto state forest. \$75,000 ONO. Ph: 064-936-564.

NELLIGEN 3 BR weather board on 1/2 ac. full of fruit and nut trees, organically grown, slow combustion stove and heater, rain water tank and crystal clear bore. 10 min from Batemans Bay. \$89,500. Paul Searson, 10 Currowan St, NELLIGEN 2536. Ph: 044-781-070.

1/4 ACRE ORANGE DISTRICT Large three bedroom house, sun room, established gardens, large kitchen, fuel stove, \$48,000. Ph: 063-645-026.

KEMPSEY 28 acres of secluded hilly bush, 25 km west of Kempsey. Half fenced, phone and power available. Rain and dam water only, good housesites, good positions for dams, permission to build with no restrictions. 3 km to small town. \$20,000 ONO. Phone Roger 062-416-767.

100 ACRES 20 mins north Batemans Bay, 15 mins superb beaches. House, telephone, fenced orchard, two dams, creek frontage. \$160,000. Ph: 044-781-064 AH. J. Smith RMB Old Hwy, East Lynne 2536.

NORTH COAST NYMBOIDA near Grafton. 97 acres (39.43 ha) timbered rural retreat. Dam, creeks, several house sites, one cleared, good alternative community, 8 km to village school & shop, 30 mins to Grafton. Phone available, low rates \$130 pa. Priced for quick sale \$28,000. Ph: 066-494-191.

CASINO NSW 76 acres of light timber, undulating with creek boundary, fully fenced with heap of wildlife and only 10 minutes drive to Casino, \$29,000 ONO. Ph: Mick 066-637-149.

NEW 2 BR HOME suit retired couple approx three acres, beautiful mountain town 40 min Coffs Harbour. Elect, phone, town water, plus creek, \$58,000 negotiable. Ph: AH 066-572-645.

TABULAM AREA 1 hr west of Casino 100 ac undulating and creek flats, 40 ac cleared rest natural bushland, perm creek frontage plus natural springs, good house sites, small hut on property, has to be seen to be appreciated. \$40,000 ONO. Ph: 07-394-1147 or write R. Barton, 5/42 Shakespeare St, COORPAROO 4151.

101 SECLUDED ACRES Putty Valley 2 hours NNW of Sydney, fully fenced with 3 B/R country house, natural vegetation plus prime valley flats, five paddocks, creek and spring fed large dam. National park nearby, currently goat farm. \$119,500. Ph: 049-265-350.

FREEHOLD 358 ACRES 12 km W historic Braidwood. Magnificent views, Shoalhaven valley. New access, subdividable, 2 house sites, dam, 300 m wildlife refuge, granite building rock, excellent timber, fern trees, wild flowers, numerous small creeks, waterfalls, ideal for nature lover and owner builder. \$60,000 neg. Ph: 002-983-183.

NORTHERN NSW TABLELANDS — freehold 100 acres — \$22,000. Undulating natural forest with creek, cleared home site, large dam, public road access, building permit, rates \$120 pa, high rainfall, huge trees like yellow box, stringy bark, peppermint etc. For maps and photos please contact owner 067-322-421 anytime.

ACRES 100. 24 km east of Coonabarabran. 2000 cubic metre farm dam constructed on each block. Good undeveloped land. Numerous stands of pine for log cabin building. From \$16,000, 10 per cent deposit. Balance over 3 years at 10 per cent reducible interest. Other repayment arrangements available. Ph: Sydney 02-389-6463, Coonabarabran 068-422-269.

NUMBER OF APPROX 100 acre blocks freehold, timbered, undulating with small areas that can be cleared, kangaroos, wildlife etc. 12 miles north to north west of Glen Innes from \$18,000. Apply John Donaldson 264 Grey St, GLEN INNES 2370 Ph: 067-323-095 day, 067-323-294 night.

FAR SOUTH COAST HINTERLAND forty mins to beaches, mudbrick timber dwelling, solar powered, gas stove, fridge, land undulating N/E aspect, views over river valley, permanent water. 130 acres, some natural bush, large workshop, shearing shed, yards, good fencing. School, general store, temperate climate, 36 in rainfall. \$98,000. Ph: BH 064-967-173 AH 064-941-265.

ABANDONED GOAT FARM 100 acre bush block, Goulburn area. 60' x 30' machinery shed. New double size garage. Good access and fencing. Sell \$45,000 or share. Sydney 046-250-004.

MID NORTH COAST OF NSW. 51 acres, 45 min Port Macquarie. 2 BR solar powered house, income from nursery, large organic garden, fruit trees, dams, creek, phone, peaceful forest setting, self-sufficiency. \$79,000 ONO. Ph: 065-858-203.

HUNTER VALLEY twelve acres hobby farm, fully fenced into five paddocks, two dams, outbuildings, power, phone connected. Old but liveable 3 BR home, rural rates. 20 min north of Scone, five acres Crown lease also available. \$43,000 ONO. Ph: 063-734-746.

EDEN AREA In coastal hills near Vic/NSW border, close to beaches, national parks, lakes, state forests. Two very secluded 40 acre blocks with creek. \$21,000 and \$22,500. Also 100 acres on small river \$36,000. Also 350 acres wilderness with miles of creek for \$120,000. Ring Nancy on 047-841-020.

BUSH RETREAT on 50 acres 8.5 km north of Kempsey, timbered with 2 dams, huge brick house with S/C stove, septic, 2 tanks, shed, fernery, glasshouse, chookrun, established gardens, irrigation pump, orchard, bananas. Beautiful landscape and lawn. House interior needs finishing. Forced sale \$95,000. Ph: 065-668-078.

TWO 5 AC PROPERTIES TWEED Valley, north eastern NSW. Creek and road frontage and power. Adjacent to permaculture farm. Close to large area of national park. \$31,000 each. Contact Lea Harrison, Stoddarts Rd, TYALGUM 2484. Ph: 066-793-242.

RAMMED EARTH COTTAGE BLUE Mountains colonial station style, huge family lounge with modern kitchen, Jotul wood stove, laundry, bathroom, separate toilet, masterbed ensuite, 2 other bedrooms, timbered ceilings throughout, double garage/workshop. Verandahs, developed garden, superbly insulated. Probably most beautiful pisé cottage in Australia. Looks & feels like solid sandstone. Wonderful weekender/permanent residence \$98,000 ONO. Weekends/Xmas. holidays. Ph: 047-877-432.

NSW DOYLES RIVER CATCHMENT (near Taree) 2 permanent streams (waterfalls), mountain views, 168 acres, excellent garden, orchard, house sites, all weather access. Non-grazing neighbours. \$25,000 ONO. Ph: 03-589-4247. David, 49 Stanley St, Black Rock 3193.

88 ACRES mostly open country, fronts onto as yet unspoilt Nymboida River, vehicular and walking access onto pebble beach and large swimming hole. Fully fenced bar one short boundary fence, internally fenced into three large paddocks, one with dam, one with house and one with river frontage and half acre orchard planted with bearing fruit and nut trees. Owner built home 9/10ths complete, cement floor and stone and cement half walls with timber to iron roof, furnished with gas stove and wood fire, verandahs two sides, incomplete, built facing river. Chook pen and cattle yards, power and phone onto land not connected. Pump and 16 ft high pressure tank. Near Nymboida, \$65,000 genuine sale, contact local friend Annie Woolff Ph: 066-494-166.

TWEED VALLEY approx 40 ha (100 ac) timbered land, some rainforest, 50 percent cleared, 2 creeks, \$78,000. Contact Bob Haywood, PO Box 594, Murwillumbah 2484. Ph: 066-724-477.

NORTHERN RIVERS 67 ha, 27 km Grafton on beautiful permanent Kangaroo Creek. Tallow wood, pine, oregon, passive solar designed, energy efficient house, verandahs all round, French doors, leadlight windows, 250V solar power system, solar hot water system, 75,000 lt tank water, 2 dams. Over 50 fruit/nut trees, 2000 tea-trees (*melaleuca alternifolia*), rainforest area. 4 bay shed, new stock yards, alluvial flats, sandstone ridges, sealed road, phone. Primary school, general store, sports facilities 10 mins. \$137,000. Ph: 066-493-015 David Kanaley, Kangaroo Creek via Grafton 2460.

GRASSIFIEDS

PROPERTY FOR SALE

NEW SOUTH WALES

GOULBURN 110 acres. Western red cedar 3 BR home in beautiful setting, cathedral ceilings, SC stove, gas & electric kitchen, spa. Permanent bore, dams, creek, good fencing, sheds. 15 kms from Goulburn on sealed road, school bus. \$160,000 Ph: 02-455-1752.

WOLLOMBI 1½ hours north of Sydney, 2 acres, 4 Y/O timber, slab style cottage, pine lined. 2 BR, full length verandahs, elevated position, valley views, tank water, power, phone, 5 mins from town, \$55,000. Urgent sale. Ph: 02-865-524 or 049-907-000.

ELANDS 1½ acres, power connected, shed, house site, outstanding views of Manning Valley onto ocean. Borders 5 acres TSR reserve, bus route, 2 km from Ellenborough Falls. Bedford bus fully decked out with shower, gas stove etc. Council approval for building, \$20,000. Ph: 065-505-168.

NORTHERN NSW 6 miles Kyogle, 23 acres, frost free, excellent soil, tree studded northerly aspect. \$32,000. Ph: 066-321-667.

NORTHERN NSW 514 acres at Tabulam, freehold, fenced, permanent creek, new shed, 5000 gallon tank. \$85,000. Ph: 075-362-012.

25 ACRES NORTH COAST creek boundary, fully fenced, partially cleared, ideal hobby farm, power and phone handy, 30 mins town 45 mins beach. \$22,000 ONO. Ph: 066-624-577.

60 ACRES POWER. WATER. access 10 mins to town, school bus, postal service, local shop, one minute away. 30 acres flat fully cleared. Remainder selectively cleared. Reduced to sell \$57,000. Ph: 065 669-251.

BILLY'S CREEK. cosy cottage, mudbrick and weatherboard, well finished with many unique timbers and additional features. Plus 10 acres N/E aspect, fully fenced, bush setting. Asking \$42,000. Ph: 066-578-140. or 066-578-115.

FOR SALE 4/5-B/R house Lake Macquarie or exchange for 100 acres + take over mortgage. Jackson, PO Box 70, BATLOW 2730.

SOUTH COAST TWENTY ACRES. half share of forty surrounded by state forest, dwelling, no electricity, bushfire shelter, access to river \$15,000 ONO. Ph: 048-844-415 or write A. Snell C/- PO WINGELLO 2579.

SOUTH COAST NSW — Cobargo Bermagui Area. 100 acres bush block, timbered, lovely views, good home site, excellent access, easterly aspect. \$47,500. Ph: Jim 0649-37201.

NYMBOIDA NTH COAST 66 acres lightly timbered, steeply undulating hills to grassy creek flats with some forest in an environmentally sensitive valley community-sub divisible-asking \$35,000. Tel: 066-494-180.

**DEADLINES: GR 65 — DECEMBER 30TH
GR 66 — FEBRUARY 29TH**

SOUTH CASINO. 300 acres of beautiful bushland, with permit to build. A wealth of timber, permanent creek frontage. Excellent value at \$24,900. Also, nearby, 100 acres: \$19,900, & 1500 acres for \$75,000. Ph: 047-514-848 or write to PO Box 39, SPRINGWOOD 2777.

VICTORIA

MERINO, WESTERN DISTRICT: 3 B/R old style home on 11 acres. SEC and tel. connected, septic tank, S/C Raeburn stove with wetback. Ample water includes dam, bore, and 14,000 gal tank water. Plenty of shedding includes double garage, workshop, and hayshed. Laying hens, ducks, coloured sheep, calves and a breeding sow included in sale. \$52,000 ONO. PH: 055-791-245.

GREENWALD VICTORIA ex school on two acres, room 20' x 20', excellent condition, ideal for conversion, \$15,000. Further details Ph: 088-452-052.

BENDOC, FAR EAST GIPPSLAND 220 acres slightly undulating, 30 acres bush, balance cleared with shade trees, well watered, fenced into four paddocks. 3 BR W/B house, SEC, phone, Kent heater, wood stove, EHWS. Cattle yards, various shedding, 15 mins to shops, bounded on two sides by land available for lease. \$95,000. Ph: 064-581-482.

URGENT AVOCA DISTRICT \$32,000. 3 acres, relocated unfinished W/B home, peaceful surroundings, SEC opposite, tiled roof, leadlight windows, glass front doors. Good opportunity for a keen worker to make a lovely home. Ring for information 054-223-350 from 1.00 pm till 5.00 pm, 054-222-276 evenings.

NORTH EAST GIPPSLAND BENDOC 141 ac of which 40 are cleared, 100 ac comprises 100 year regrowth timber including shining gums, messmate, peppermints, treeferns, sphagnum moss. Small timber dwelling SEC; good access 2 miles from town. Spring fed creek. Borders on state forest. Abundant wildlife, views to Mt. Delegate. 1½ hrs from coast \$40,000. Ph: 03-751-1046.

OTWAYS RAINFOREST 15½ acres, (1 cleared). Perm water, telephone, young fruit trees, vegie garden, private yet close to school, shops. Site ready for split level mudbrick house including plans. 10 mins from beach. Temp dwelling includes 24 ft caravan in 30' x 30' shed, slow combustion stove, running hot water. Lots of potential \$38,500. Ph: 052-363-287.

SHEPPARTON 11 miles double corner block, town water, SEC, fenced, fruit trees, native trees, chook shed, sealed road. \$17,000. Ph: 064-581-492.

RAWSON VILLAGE half hour from St Gwinear snowfields. Modern 3 B/R cedar home all mod cons, ideal modern village, half hour from Moe. Village has medical clinic, golf, tennis, swimming pool, squash, state school. Ideal retirement or young family. \$49,500. Ph: 057-572-859.

MOUNT GAMBIER STONE HOUSE on ½ acre block, three bedrooms, kitchen with open fire, and gas cooking, gas hot water, dining room with antique open fire, bathroom and toilet indoors. Large room could be made into another bedroom, fully insulated, sanded and polished. Fedgum bush feeling indoors. ~~Large room could be made into another bedroom, fully insulated, sanded and polished. Fedgum bush feeling indoors.~~ Two Mount Gambier stone houses, large chook pen and vegie garden, native trees and great view of the hills close to milkbar, hotel and schools complete with phone and electricity priced for quick sale \$28,500 For further details phone Philomena Iddon 055-791-302 or write to High St, MERINO 3310.

WARBURTON-McMAHON'S CREEK ¾ acre north-facing block superb mountain views. Hexagonal split level concrete slab plus permit for steel frame mudbrick house. Large garage, small orchard, \$26,000. Ph: 03-898-5129.

GENOA DISTRICT 72 acre timbered property in secluded position at the head of small valley bordering state forest. It has excellent building sites, situated approx ½ hour to coastal resorts Mallacoota and Eden, \$33,000. Ph: 051-588-240.

EAST GIPPSLAND. Secluded 87 acre forest property. Quality stone and mudbrick house. Large workshop, phone, orchard, dams, fencing. Self sufficiency or commute Bairnsdale (20 mins). \$115,000. Ph: 051-575-274.

QUEENSLAND

WIEAMBILLA QLD. 30 mins Chinchilla, 100 acres bush block, level country, covered in trees, includes 25 acres valuable cypress pines. Part finished 3 room cabin with concrete floor, Creek, power in area, school bus. \$29,500 ONO. Ph: 07-366-2596.

MACKAY QLD. 40 acres recent timber dwelling, sheds, creek dam, 300 avocados 8 years, micro irrigation, half cleared balance rainforest, secluded but close resort, beaches. \$125,000. Ph: 079 574 224.

SELL OR SWAP house of five rooms plus facilities on quarter acre garden with fruit trees, at Tolga on Atherton Tablelands. Value \$40,000 for land with or without dwelling in or around Sunshine coast hinterland. Reply 066 899 205 or write Mary Tournier, Koonigan Rd. VIA GOOLMANGAR PO 2480.

MILLMERRAN — 20 beautiful acres, dam, ironbark, blackboys etc. Vendor finance available. \$9,500. B. Myers, PO Box 127 GILGANDRA 2827.

60 ACRES ON 2 DEEDS. 20 mins north of Gympie. 5 km to Gunalda and Hwy. fenced, selectively cleared, large dam, creek, power, phone available, school bus passes. Easy drive to Tin Can Bay and Double Island Point. \$41,500. Ph: 07-397-9285.

SALT WATER FRONTAGE — 33 acres of virgin forest. Level black sandy loam soil. No swamp, salt water estuary one side, state forest borders two others. Absolute privacy. Last property on road. 45 minutes from Bundaberg at the coastal resort of Woodgate. \$39,000 ONO. Ph: 065-531-382.

QLD RUN DOWN TEA HOUSE & separate residence, lush gardens, lawns, pet horses on 30 acres, will consider selling ½ share to partner. Further details please write M.S. 626 KIN KIN 4571.

NEW BRICK 3-B/R HOME solar powered, carpeted, screened verandah front & back, BBQ area, 9 beautiful acres landscaped and cultivated, stone fruit, apples, grapes, passion-fruit, vegies growing, very peaceful. Large dam, 2 large tanks full. 10 mins Kingaroy-Nanango school bus. \$68,000. Ph: 071-647-186 or write K. & D. Lebherz, MS 189 KINGAROY 4610.

GYMPIE AREA 5 acres volcanic earth, 150 avocados mixed varieties up to 5 yrs, perm bore, 3 BR W/B home O/P. H/W, phone, septic, school bus, shed, 4WD tractor/slasher/spray — 5000 gallon tank. \$68,000 or \$63,000 bare. Ph: 071-825-076.

CLASSIFIEDS

PROPERTY FOR SALE

QUEENSLAND

SOUTHEAST QLD — fully fenced selectively cleared 30 acres divided into 3 paddocks. Enormous 60 x 30 hall partly converted into house. Build rooms to suit your needs, watered by 3 dams and 5000 gal rain water storage, mail service and school bus at door. Short drive to town with all amenities. \$38,000 O.N.O. Ph: owner 074-653-637. Genuine callers only.

BLACKBUTT QLD 5 acres sandy alluvial. 30 good blackbutt trees. Rocky ridge, good building stone, dowsed water 30 to 40 ft, power, telephone available. 8 mins to town. Fenced \$15,000 Ph: 07-398-6312.

MARYBOROUGH QLD, beautiful 95 yr old Queenslander on 9 acres. 2 titles, permanent dam, rainforest creek and windmill bore. 3 large bedrooms newly carpeted, polished floorboards in lounge and dining. Newly renovated kitchen and bathroom, sunroom, laundry and beautiful wide verandahs. Lovely surrounds with many established plants, trees, including fruit and nut, and vegie garden. 10 min from town on bitumen road, power on and phone. Family commitments force us to sell. Negotiable price at \$90,000. Ph: 071-231-583.

84 FREEHOLD ACRES secluded bushland on Queensland's Darling Downs for sale. Cinva Ram constructed house, furnished, with solar power and solar hot water, woodstove, chip-heater, telephone. 2½ million litre dam with high-pressure pump to irrigate garden and fruit trees. Semi tame wildlife. Priced for speedy, no hassles sale: \$19,500. For more details and photo, please write: PO Box 403, Chinchilla 4413.

PROPOSED WORLD HERITAGE rainforest only 600 m from 14½ acres of green slopes with dam, tree ferns, etc. 10 km from town on upper tablelands. \$42,000 O.N.O. Ph: 070-970-180 for further details.

DARLING DOWNS 3800 acres freehold. Good house, cattle yards, cultivation, open grazing country, creek, forest, plenty wildlife. \$120,000. In two portions, will consider selling separately \$90,000 and \$60,000. AH 074-276-315.

MAREEBA, ATHERTON TABLELANDS. Two adjacent lots, 20 acres and 16.8 acres with permanent dams, beautiful views, ideal for tropical fruit growing or raising horses. Sealed road and electricity reticulated to lots, situated 12 km from Mareeba and 76 km from Cairns coast. Cost \$36,000 and \$38,000 respectively. Can be sold jointly or separately. Negotiable. Owner residing in PNG. For information contact Tony Friend, District Office, Telefomin, WSP, PNG.

CO-OPERATIVE LIVING OPPORTUNITY. Agni Farm — a fifty-nine hectare property in beautiful Noosa hinterland. Close to national park and beaches. Offers large, renovated community house, five sleeping cottages, plus visitor accommodation. Council approval for up to twelve sleeping cottages. Extensive re-afforestation, plus irrigated organic orchards of subtropical fruits. Packing-shed, cold-room, tractor etc. Price \$175,000 O.N.O. Ph: 071-854-207 or 07-892-4200 or write to Agni Farm, Sheppersons Lane, KIN KIN 4571.

NOOSA/NAMBOUR S.E. Qld. 6 acre share, 320 acres. Yandina established 15 years, unique secluded rainforest valley close to everything, sparkling stream, large 3 bedroom 2 storey home, lots character, extensive verandahs, forest views, suit handyman. Established gardens/orchard, soil outstanding 100 plus bearing fruit trees (38 varieties), sheds/equip. Reluctant sale after 10 happy years consider all offers \$55,000. Peter/Clare Ph: 071-467-786.

QUIET 40 ACRES FULLY FENCED. large dam, 3 sheds, 2 tanks, school bus close, full on timber, situated on Chinchilla-Tara Rd. Qld. \$18,000. Ph: 049-871-541.

RAVENSBOURNE/ESK 60 ac. 15 ac cultivatable remainder fruit trees. Bore max 550 gph, spring dam, 20' x 30' steel fully lined carpeted shed, kitchen, two bedrooms, bathroom, L/D, verandah. Suitable temporary or weekend dwelling. Fenced 20' x 20' storage shed. Three fowl sheds, organic market garden, fruit trees, magnificent views, abundant birds, great for bees. deer visit often. Ph: 076-613-099.

1196 ACRES CHINCHILLA. dams, creek, house, shed, all amenities, six paddocks. \$88,000 O.N.O. Ph: 074-658-284.

CARMILA, CENTRAL QLD COAST. 800 sq m, with large trees, on creek. 1 hr drive to Mackay. School, shops, beach, power, town water, railway. Several alternative families in area. \$7500. Ph: 076-966-108.

GYMPIE SECLUDED 57 acres freehold hilly bushland, small A-frame house on slab, state forest 3 sides. Phone, solar power, concrete tank, wood stove, hot water, shower, permanent dam, easy access. 11 km south of Gympie. \$65,000. Ph: 02-476-1149.

BUNDABERG QUIET BUSH LIVING 9 miles to city. 2 B/R & sleepout. 1 acre, bore, rain tanks, combustion stove, school bus. \$39,500. Ph: 079-737-965.

STANTHORPE QLD — COTTAGE on 52 acres, 12 acres stonefruit and apples. Balance your own national park with beautiful granite outcrops. \$47,500 O.N.O. Ph: 076-833-178.

9 YEAR OLD, 21 sq. A-frame house on 5 acres of parkland, large 2-car garage, dam with underground irrigation pipes, patio front & back. \$65,000. Ph: 075-879-295. P. Bullen, PO Box 33, LOWOOD 4311.

TROPICAL FARNORTH QLD land. Three freehold blocks 22, 10, 5.7 acres. Permanent running creek, irrigation licences, telephone, electricity on boundary, side road 5 km Bruce Hwy. Potential unlimited, brown salwood growing naturally, top banana soil, tropical fruits, ideal barramundi farms. Prepared to lease back 3-5 yrs. Have to sell. Ph: 070-669-354 7-9 pm.

30 ACRES TARA REDLAND ESTATE. Cypress pines, ideal private retreat. Urgent sale. Ph: 097-611-965. Private sale \$15,000.

TASMANIA

LOTTAH NE CORNER Yoga Darshan Ashram has for sale, 800 metres from main ashram building, a 4½ acre block, (half cleared) for \$9000, also four ¼ acre blocks for \$2500 each. Temperate rain forest area. Ph: BH002-311-870.

14 ACRE FARMLET beside permanent creek. Cottage with wood heating and cooking, situated in quiet secluded valley community. Buy six years of labour, fences, buildings and improvements plus stock and 5 kVA Lister generator for \$36,000. Write J. Howard, LORINNA, 7306. Ph: 004-261-887.

BRUNY ISLAND. On peaceful bay, 20 acres with gracious 4 BR house. Sep. dining room, open fires, electricity and phone, good kitchen. Very good order. Mooring included. Also on the property, modern self-contained unit. \$72,000. Ph: 002-606-238.

NEW TIMBER HOUSE on ¼ acre. Council approved. Beautiful water views. Other GRs locally. 45 minutes Hobart. \$49,500. Ph: 002-278-973.

NEAR GUNNS PLAINS. Leven River frontage, foundation with house plans. Five acres cleared, remainder rain forest, fertile, gravity fed water, power nearby. \$33,000. Ph: 085-362-601.

GLADSTONE — NE TAS. 3 BR pine lined and timber clad house on large block very edge of isolated town. Has power, septic, phone, town water and tank. Also 40' x 20' shed, garage and 4000 sq ft of vegie garden (organic). This house has just been extensively renovated and photos available. First to see will scoop it up at \$19,500. PH: 003-572-234 for more particulars.

WOODBRIDGE HILL on Cygnet Road. 134 acres. Flat to undulating bush and rough pasture. Dam sites. Elevated sandstone bluffs with 360 degree water views. This peaceful, picturesque retreat with unpolluted atmosphere is secluded. Easy access 300 m from bitumen road. Within commuting distance 35 mins Hobart. 5 mins. from seaside town Woodbridge. Shops, schools, fishing, oysters. Build using own resources. Suitable for division into tenants-in-common ownership. Cost \$47,000. Ph: 002-294-101.

DEADLINES: GR 65 — DECEMBER 30TH
GR 66 — FEBRUARY 29TH

SOUTH AUSTRALIA

10.43 ACRES, STEEP & STEEPER LAND near Willunga. Started 3 B/R adobe & post house. Permaculture set up, large shed, dam, tanks, fully fenced. Electricity available. Septic & more. Ph: 085-562-157.

BLYTH SA rent \$65 or vendor finance \$49,950, large home 2½ acres, water, power, telephone, large barn, sheds, fruit & native trees, school bus, 1½ kms to small town all facilities, fronting main road but amongst farm land, peace and quiet. Ph: 08-352-8620.

WEST AUSTRALIA

MOUNTAIN TOP RETREAT, 4 acres, with beautiful undulating views, 5 mins from Toodyay. Blackboys and wildflowers in abundance. Railway carriage with potbelly, carpet, bed, kitchen, sink etc. and phone, very unique. Rainwater tank, gardens, shed, septic, sandpad and house-plans. 1½ hours from Perth. SEC. available, very private. Regretful urgent sale. Ph: 09-293-4911. J. K. & L. Nielsen, 34 Phillip Grove, KALAMUNDA 6076.

GRASSIFIEDS

COMMUNITIES

SHARES IN COUNCIL APPROVED hamlet development, Murwillumbah area. Approximately 12 acres each. Majority beautiful rainforest setting with absolute privacy assured, others partly cleared with magnificent views. All weather access. From \$15,500 to \$18,500. Write to: Palmview, 30 Amdell St, MACQUARIE 2614 or Ph: (AH) 062-512-247 or 066-793-333.

3 ACRE SHARE in 160 acres with creek, rainforest, rich soil, views. 6 kms from Nimbin. Northern NSW. 11 shareholders in M/O company. \$12,000, terms available. Ph: 066-841-499.

FIVE ACRE $\frac{1}{7}$ SHARE in 110 acre company owned M/O community. Beautiful coastal wilderness, creek, swimming holes and views. 8 kms to Mullumbimby. 20 kms to Byron Bay \$21,000. Ph: 066-841-499.

LILLIFIELD COMMUNITY — 330 acres beautiful land in the hills between Lismore and Murwillumbah. 15 min from Nimbin, 1 hr from the coast, fully approved by the local council. The land is owned by an incorporated company but each member's shares give entitlement to about 5 acres for private use. In addition, members share in over 100 acres of common land available to all for recreation, forestry, agriculture, etc and have the use of the Community Meeting House, the tractor and other equipment. The Daystar Rudolf Steiner School is located on adjoining land. Basic framework of roads and dams has been completed and our initial membership established. Now we need more people for the next stage of our developing community. People who will respect this beautiful land as well as each other. Share price of \$13,800 per household entitles you to all community facilities as well as to possession of your chosen 5 acre site. Write to: 'Lillifield', Lillian Rock, via NIMBIN 2480 or Ph: 066-897-224.

CHRISTIAN MULTIPLE OCCUPANCY NE NSW seven shares on 150 acres, share and small cabin \$15,000 or shares up to five acres \$10,000 each. Ph: 066-293-367.

COMMUNITY SETTLEMENT on beautiful 200 acre property between Nimbin and Kyogle. Affordable to very low income people due to NSW Dept. of Housing loans available. Advisors, skills course and try out period included. This unique pilot project is now underway.

For more information and to apply, write to Nimbin Neighbourhood Centre, Attn. D. Leggett, Cullen St, NIMBIN 2480.

SOUTHERN HIGHLANDS. Bombala NSW. One sixth share of 550 acres virgin forest 1 km river frontage. Share includes stone cottage and shed, 1 hour snow, 1 hour coast. \$22,000. 03-755-2259.

PROPERTY SALE 10 shares in community of 15 families north coast NSW, soon to be multiple occupancy, total of 800 acres. Please ring Frank Groat 075-329-481 or 075-510-755.

587 ACRES MOUNTAIN COUNTRY 10 kms from Comboyne, 40 percent rainforest, balance open forest, excellent water, soils, views. $\frac{1}{7}$ share remains, up to 25 acres per share. Would like more children around 10 years. \$12,500. Ph: 065-534-028.

MOORA MOORA situated on the top of Mt. Toole-be-Wong, one and a half hours drive from Melbourne, is a well established co-operative community of 6 clusters in 640 acres of bush and agricultural land. We seek a limited number of new families to join existing members whose interests are largely conservation, owner building, health, craft, music, agriculture and schooling. Write to 'Membership', Moora Moora, Box 214, HEALESVILLE 3777.

SHARES AVAILABLE in a 150 acre co-op farm in Kin Kin. If you'd enjoy a programme of physical work balanced with honest study of the soul's aspirations, controlling the self, and sensing the divine behind all forms and circumstances of life, please call. Basic shares \$14,000 or \$17,000 with unit. Ph: 071-854-207.

$\frac{1}{15}$ SHARE (1.5 HA) council approved M/O Tomewin via Murwillumbah, rainforest, dam, views $\frac{1}{2}$ hour Gold Coast, $1\frac{1}{2}$ hours Brisbane. \$22,000. Ph: 066-842-176 or Charmaine 066-724-524.

ONE FIFTH SHARE IN 640 ACRES of beautiful secluded valley bordering on nature reserve near Comboyne. Three B/R house, slow combustion stove, fireplace, phone, solar electricity, large shed, permanent creek. Gravity fed irrigation, two dams, over 100 fruit trees, landscape gardens. 4WD access, ten minutes school bus, twenty to shops. \$42,500. Ph: 065-504-185.

MATURE, FRIENDLY, communicative 24 y/o lady wants quiet clean living community to live in (N. NSW) willing to work and learn. May be studying. Write with phone no. or address to Dawn, C/- PO Coffs Harbour 2540.

NIMBIN (MOONDANI COMMUNITY). Established community on council approved, 65 acre, multiple occupancy property. 3 kms from Nimbin. Share and split-level well-constructed alternative style timber home, 2 years old, for sale. Extensive northerly views of picturesque Nimbin valley, phone, 12 v power, spring fed water supply, school bus. Contact John or Anna 066-891-545 AH. Value at \$33,000 including share price.

FAR NORTH QLD shares available in cross-denominational Christian community of (at present) 7 families on 87 ha (215 ac) at Kuranda (30 km nth of Cairns). Council approved multiple dwelling, est orchard, perm creek, all services available. Future aims include Christian outreach, providing community help, accommodation, etc. Contact Seven Springs Farm, PO Box 110, KURANDA 4872. Ph: 070-938-718.

SPIRITUAL COMMUNITY PROJECT at planning stage, northern NSW. Presently running workshops, with Rebirthing, along 'Course in Miracles' principles. Genuine seekers wishing to co-create an inspiring New Age focal point, send SAE to Yulunga via KYOGLE 2474. 066-897-231.

NOOSA/NAMBOUR SE QLD. 6 acre share, 320 acres, Yandina established 15 years unique secluded rainforest valley close to everything. Sparkling stream large 3-B/R 2 storey home, lots character, extensive verandahs, forest views, suit handyman. Established gardens/orchard, soil outstanding, 100 plus bearing fruit trees (38 varieties), sheds/equip. reluctant sale after 10 happy years, consider all offers, \$55,000. Peter/Clare 071-467-786.

STARLIGHT VALLEY, 320 acres, 6 acre share for sale, on Qld Sunshine Coast, 25 mins to beach. Share includes very comfortable 2 storey 3/4-B/R family home with complete solar energy system, 4000 gals of water storage, Rayburn combustion stove and Scandia cast iron fireplace. House looks across valley and is surrounded by much loved gardens. Fruit trees doing well and vegie garden recently 'restored', \$55,000. Geoff and Pam 07-371-0418. Will send colour photos and more information upon request.

BELLINGEN one quarter share in community in Thora valley. Lovely 120 acres on river next to Steiner school, small house and sheds. \$45,000 ONO. Ph: Annabel 066-552-215 AH.

NW TAS TWO $\frac{1}{4}$ SHARES in 80 ha rainforest on Leven River 60 k Ulverstone, 1st 3 k 4WD. Waterfall, creek with 4 kw power potential. One has treehouse (featured in 'Home-made Houses') north facing clearing on creek, \$17,000. Second share adjoins, has 8 square 2 storey house, spectacular views, nth aspect \$26,000. T. Dawson, PO Box 243, ULVERSTONE 7315.

PROPERTY WANTED

WITHIN 30 MINUTES SUNSHINE COAST. Acres with livable house. Shed/s water and fertile land to grow fruit/vegies, buy to \$50,000. Community minded GR type couple with baby wishing to establish semi self-sufficient lifestyle. Please write to Paul and Rhonda 11 Bluewater Ave, BALNARRING 3926 or phone 059-895-282.

CARPENTER RELOCATING away from smog seeks acreage in Snowy Mountains area preferably near or above snowline. Low budget. P. Hellmann C/- 8 Berilda Ave, WARRAWEE 2074. Ph: 02-440-8029.

TO RENT WITH OPTION TO BUY. Up to 100 ac in high altitude sub-tropical area, well fenced. Comfortable family home and outbuildings with est. fruit and nut trees. Phone, bore, alt power and combustion stove. Close to small school and work in fields of surveying and drafting. To value of \$90,000. Ph: 067-251-544.

WANTED: property either freehold or M/O share situation. Preferred area around Murwillumbah, will consider any areas in eastern states/SA. Can only purchase to \$15,000 as am on low income. Would be interested in all women community. Write to Jane C/- 6 Hill St, BATHURST 2795.

CITY FAMILY seeks 20 to 100 acres within 100 miles of Perth. Must have water and plenty of trees. Freehold or lease. Ph: 09-342-4413 or write 20 Findon Crescent, BALGA 6061.

100 ACRES PLUS in Northern NSW area, Tweed Heads to Lismore, bordering rainforest, pay up to \$50,000. Pref. closer to the coast. Please send details to Terry Cameron, 17 Zigzag St, RED HILL 4059. Ph: 07-369-7231.

DEADLINES: GR 65 – DECEMBER 30TH
GR 66 – FEBRUARY 29TH

SMALL HOUSE on 1-2 acres in Vic. within easy distance of main town. Write Eileen Callaghan, 7 Fitzroy Ave, FRANKSTON 3199.

CLASSIFIEDS

TO RENT

ONE BEDROOM CINVA ram block house, furnished, on 84 acres bushland. Half million gallon dam. Solar power and hot water (and chip heater). Wood stove, gas fridge, vegie garden and fruit trees. Chook pen. Very tame wildlife (no shooting or cats please). On Darling Downs, 200 miles west of Brisbane. \$30 per week. Please phone: 074-653-541, or write: Witches Ridge, C/- The Pines, M/S 423, CHINCHILLA 4413.

A SHARE in a house with a luxuriant garden in a quiet area close to national park. Need down to earth person, not excessively unhappy, vegetarian and considerate with simple tastes. I work part time gardening, writing and tell stories to children in schools. I like reading, tai-chi, music and surfing. Peter Erskine, 8 Louisa Rd, OATLEY 2223, Ph: 02-577-737.

FOUR BEDROOM HOUSE situated on a 180 acre holiday camp in South Gippsland, available for at least 6 months. Terms negotiable including possibly some caretaking duties. Holiday Camp C/- PO Box 427, PRAHRAN 3181.

CARETAKER(S) WANTED from February, for up to 3 years. Comfortable 2 bedroom 'alternative' house in bushland. Established gardens, rent negotiable. Southern NSW. Write Chris Moyes, ROCKY HALL VIA BEGA 2550.

WANTED

BUS, TRAM, CARAVAN, railway carriage or moveable room for guest accom. on land. Interested all possibilities. Cally Minifie, Box 139, NEERIM SOUTH 3831.

HOUSE TO RENT with possibility of purchase. On 1/4 to 5 acres, near highway, anywhere. 1 Memorial Avenue, GUNNEDAH 2380. Ph: 067-420-316.

FAMILY OF 5 desperately require large rambling house to rent north of Townsville. Need room for animals and chooks. Contact Leigh, PO Box 1261, INGHAM 4850.

LADY seeks part time board close to Sydney airport. 10 Farrell Street, NEW GIBBORNE 3438. 054-283-064.

NATIVE PLANT materials, wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Large quantities preferred. Good prices plus freight paid. Contact: Peter Hunt, P.O. Box 53, NORTHCOTE 3070. Ph: 03-489-8405.

ONE OR TWO PEOPLE wanted to help caretake alternative lifestyle property, and help care for elderly lady, close to Sydney. Prefer female keen on garden, craft, animals. Would suit single mother. Write Caretaker, PO Box 184, PANANIA 2213.

WANTED TO RENT/CARETAKE house on acreage within 30 kms Lismore for approx one year while we find our own house, from January 1988. Contact Dominic 127 Richardsons Rd, PARKERVILLE 6557.

PRE 1950 MELBOURNE NEWSPAPERS for private collectors, prefer larger quantities i.e. ex-library holdings, boxfuls, shed lots. The more the better, please no single issues or lino stuff. Also will consider old magazines. Ray Nichols, Box 2145, RICHMOND SOUTH 3121.

WANTED STEINER KINDERGARTEN teacher for Coffs Harbour 1988. Community School re-opening. Need enthusiastic teacher. Further information contact: Anna Munro, PO Box 1415, COFFS HARBOUR 2450.

YEA, VICTORIA — house wanted to rent/share by single guy 25, new to area. Also like to meet others in midnorth Victoria. John 057-972-212, PO Box 2174, ST. KILDA WEST 3182.

WANTED HOUSE SITTING position or low rental for artist. Limited income. Needs shed, other area suitable studio use. Clean farm-raised European man. Krstanoski C/- 12/18 Gower Street, SUMMER HILL 2130.

BAMIX PRESSAWASH or similar hand operated washing machine. Details price to S. Howell 28 Lever St, WILLAGEE 6156.

OPPORTUNITY FOR SHARING self supporting lifestyle, earning potential. Must be reliable, genuine, Christian family or couple. No drinking, smoking, drugs, swearing. Open, honest living, and vegetarian. Apply: S. Morgan, M/S 937, ROSEDALE 4674.

MICHAEL, HEATHER. Andrew (4) and Scott (1) hope to caravan around Australia July-Dec 1988 — Qld, NT, WA, SA to Vic. We are interested in learning how other organic gardeners/farmers work, so if you need casual help, or a chat, or have a spot for our van we would love to meet you. Someone to lovingly caretake our 10 acre farm while we are away is also needed. Looking forward to meeting you. Michael and Heather Ashworth, C/- PO, SOMERVILLE 3912.

VICTORIAN GRASS ROOTERS interested in buying land in North-east Victoria with a view to living in a shared community. Must be interested in conservation and a concern for the environment. Write 'Community' Box 1497N GPO MELBOURNE 3001, giving telephone number and general details for contact.

WANTED TO SWAP ACCOMMODATION, 80 acres and bush house in FN Qld for anything suitable near Adelaide. must have space for four dogs. Write Eugene and Ngaio, 9 Freshfield, WANTIRNA 3152.

PERSON TO SHARE MUD BRICK house in the Dandenongs. Prefer musically inclined garden lover. Ph: 03-754-5044.

ANOTHER LADY WANTED for horse trip north through the mountains, starting near Taree, for approx 3 months. Also lady for horse trip through central Australia. Ph: 065-534-028.

BUSINESS FOR SALE

BELLINGLN NSW LAUNDRETTE. The busiest small business in a growing township has been est. since 1983, centrally located in main street with its own courtyard and parking at rear, takings over \$600/week. Would suit active social couple price \$40,000 ONO. Ph: 066-551-601 BH.

QLD RUN DOWN TEA HOUSE for sale plus 2 B/R house, old cow bails, stable and yards on 30 acres Noosa hinterland, going cheap to good cook. Ideal family or active retired couple. Further details please write to 'Marrigold' MS 626 KIN KIN 4179.

SELF SUFFICIENCY FOR SALE. Yes folks, we've been at it for 12 years and it's time for new blood and new heart. Is there anyone out there wanting to buy the original alternative energy and homesteading supply business? Not to mention a chance to move to a nice part of the NSW coast. Priced to sell at \$10,000 plus stock and plant (an additional \$60,000 to \$80,000 depending on stock level). Current turnover approx. \$250,000 pa. You can keep it in Kempsey or move it. We'll stay on a while and help a new owner settle in. Ideal for active couple, serious enquiries only please. Contact us at Shop 3, Cnr. Clive and Forth Sts, KEMPSEY 2440 or phone 065-627-704. Talk to Brian or Peter.

HEALTH AND BULK FOOD, coffee shop and delicatessen on mid north coast. One of its kind in busy part of town where schools, all government buildings situated. Flats to lease above premises. Modern, neat business with quite a large sum of equipment involved, good lease available. Husband and wife business. Turn over \$103,095. Asking price \$50,000 ONO plus SAV. Genuine reason for selling. Contact owner 065-626-209, AH 065-627-584.

EXCHANGES

FREE ACCOMMODATION in farm two bedroom cabin, 25 km from Jindabyne in exchange for 12 hrs a week work in garden this summer. Possibility of employment to help build mud brick house. Sue 064-578-181.

OPPORTUNITIES

ACRES, 100, 24 km east of Coonabarabran. 2000 cubic metre farm dam constructed on each block. Good undeveloped land. Numerous stands of pine for log cabin building. From \$16,000, 10 percent deposit. Balance over 3 years at 10 percent reducible interest. Other repayment arrangements available. Sydney 02-389-6463. Coonabarabran 068-422-269.

ARE YOU HAPPY in your present working role? Consider a future of growth and fulfilment with a rapidly expanding multi-level manufacturing and marketing company. For appointment Ph: Lloyd and Sue Wessling 071-216-574.

ANYONE LIVING in the general vicinity of Yarram, living on the land, with skills or knowledge that would (a) assist us in setting up a children's farm, and/or (b) be of educational/entertainment value to primary aged children. Please write to 'Holiday Ranch' C/- PO Box 427, PRAHRAN 3181.

PRACTICAL PEOPLE WANTED. Singles, families, retired etc. to share organic 100 acres that I own. Northern NSW. You would have chance to settle (long term or temporary), sharing some work and good times. About me — male 44, vegetarian, non smoker. Charly, Box 56, TABULAM 2470.

FREE ACCOMMODATION etc. available for a young mum 18-30 on our farm near Yeppoon in Qld. We have a great diversity of exotic fruits and flowers along with three young children and would appreciate an extra hand. No hang ups and we live life to the fullest. All amenities available as we have passed the hard initial stages. Rob and Ingrid Weston, C/- CMB, MT. CHALMERS 4702.

GRASSIFIEDS

OPPORTUNITIES

I AM LOOKING for other creative beings moving in a detached manner from worldly consumption, conquests and fixations, with similar (or rather not too dissimilar) practical, personal and spiritual compulsion, skills and temperament, with (as in my own case) a longing to create, explore human potential in conjunction form a body or core of individuals to afford some more of this country before it goes under the hammer for some other idiotic purpose. I would particularly like to hear from other single persons, financial and/or skilled longing to move into a broader spectrum of creativity, continuity and humanities. At present I have a property which I can turn over for fifty possibly sixty thousand dollars. Basic script of my being: bricklayer builder by trade, other skills architectural drafting, pure arts, design, stone-masonry, some carpentry and farming. Interests are humanities, literature (Buddhists, any literature of A. Huxley), vegetarianism, wildlife, natural healing, alternative powers, spiritual understanding, boats, sculpture, laughing, sleeping. Born 19.12.53 Dutch ancestry. Upbringing was consistently close to Australian bush and fortunately not too traumatic. Weakness — limited knowledge of modern tech, mechanics, and my back. Particular dislikes: liars and laziness (spiritual). All contacts coming from good heart source answered in same manner. Best wishes and liberty. Contact Casey Ph: 03-818-7555 or Eleonora 03-374-1379. Write Casey 34 Edgevale St, HAWTHORN 3101. Note: we have recently become four.

WANT TO EARN EXTRA MONEY in your own small business, virtually no outlay. Only time required. Aloe Vera products. Home and health needs. Fantastic opportunity. Any enquires please contact LLoyd and Sue Wessling, 79 Gympie Rd, MARYBOROUGH 4650. Phone 071-216-574. Independent agents for Aeon Australia.

THIS COULD BE FOR YOU. Established Sydney painter is planning profile for establishment of a creative workshop in central tablelands area west of Sydney, and is offering any interested person, or lady to share, to contact him at his Sydney studio. Financial support is not a requirement. A passion for life and stacks of energy is, so go for it. Write today: Martin Collocott, 314 Abercrombie St, CHIPPENDALE 2008.

COUPLE NEEDED TO CARETAKE 'old house' and gardens during March, April, May, June and possible July in Katoomba. We need you to care for our two dogs, chooks, vegie beds, herb garden, bees and beloved home whilst we cycle back from Perth. Contact Rod McDonald, 37 Govett St, KATOOMBA 2780.

**DEADLINES: GR 65 – DECEMBER 30TH
GR 66 – FEBRUARY 29TH**

AN ALTERNATIVE EDUCATION. Situated on a Biodynamic dairy farm out of Shepparton Milbi School offers a farm environment and primary curriculum based on Rudolf Steiner's insights and educational guidelines. The 2nd classroom, to open in 1988, is nearing completion. The children's work will be on display at our open day on 29th November. Enquiries: Milbi School RMB 2025, KATANDRA WEST 3634.

ARE YOU CURRENTLY EARNING your worth where you now work? If not, you may like to consider a position in my rapidly expanding business. Ph: LLoyd and Sue Wessling 071-216-574.

OTWAY RANGES, isolated cottage available in return assistance on goat farm. J. Dooley 8 Barton St, HAWTHORN 3122.

ACCOMMODATION IN EXCHANGE for help on property in South Gippsland (see Holidays) or possible longer stay is negotiable (see For Rent).

SERVICES OFFERED

QUICK BRICK economical, easy to use, fast (makes two at a time) brick making machine. Use either sand cement or soil cement mix. Solid steel construction, most comprehensive instructions supplied. Make easily 500 per day, only \$135. Phone or send SAE for brochure to Quick Brick, PO Box 627, GYMPIE 4570. Ph: 071-824-313, AH 071-827-364 or visit us at 54 Chatsworth Road, GYMPIE.

AROMATHERAPY massage oils and treatments. Totally natural products blended by diploma qualified natural oil therapist. Range includes Psoriasis Oil — if it does not help you I'll refund your money! For list send 37 cent stamp to S. Lawrence, PO Box 540, BALWYN NORTH 3104.

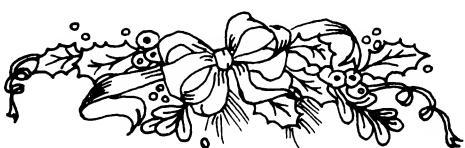
HERPES SUPPORT GROUP, based in Brisbane, offers accurate information and emotional support for people suffering from Herpes Simplex I and II. A wholistic approach of positive self management! Counselling, mail order products, correspondence welcome. Introduction agency to meet others with Herpes. Enquiries to Marilyn, PO Box 482, PADDINGTON 4064 or Ph: 07-369-9876.

FLOWER ESSENCES a natural way to wholistic healing. We have available an extensive range of essences. Stock bottles \$2 each. Individual remedies are also available including the Bach Flower Remedies. Send 2 stamps for details to Natural Flower Remedies, PO Box 1796, MACCLESFIELD 5153.

LEARN TO COMMUNICATE with your Spiritual Guides and understand your personality/psychic gift order — special profile — write Gavin Greive PO Box 37, NORTH BEACH 6020. Consultants all states.

LIBERAL CATHOLIC CHURCH: Twentieth century church family offers catholic worship combined with freedom of belief, mystic approach to wholistic lifestyle. Contacts: Father Washington, PO Candelo 2550 or Father Vanderley, PO Box 14, Mudgeeraba 4213 or Vicar-General, PO Box 220 Glebe 2037 or Ph: 064-932-227.

HAWKESBURY FARM AND GARDEN service, horticultural advice and services. Planning, design, land assessment, orchards, crop care, tree surgery, tree care, landscaping, garden improvements, technical advice. Can teach skills if required. M. Carey. Qualified Agri-ulturist 045-765-703.



HOLIDAYS

LOOKING FOR THE ULTIMATE experience? Visiting New Zealand? Then why not take the opportunity of visiting an isolated sheep farm and stay with a family in their ranch style home. We are Nola and Bruce Dick, have a family of four, and love meeting people world wide. We provide dinner bed and breakfast, and if you wish your own campervan is welcome. For further information please contact us: Mosgiel 0011-64-2489-3477, or write 'Lee Ridges', Hindon, RD 2, OUTRAM, NZ. Situated 40 km from Dunedin, SI.

HIAWATHA HILLS HOLIDAY RANCH. Bunkhouse style accommodation on a 180 acre farm nestled in the foothills of the Strzelecki Ranges. Bed and breakfast or full board available in school holidays or weekends. Only one hour's drive to Wilson's Prom. Ph: 051-851-246.

KERSBROOK' HOST FARM, Gladstone Road, Pioneer, Tas. 7254. Beautiful, colonial-style accommodation, family atmosphere, home-made bread. One room with double and single beds; one room with double bed. Cots available. Dinner by arrangement. Member Country Accommodation Association. 'There's always room for friends in the country'. Ph: 003-542-418.

FREE WEEKEND'S ACCOMMODATION in exchange for a Saturday's work. We are a Christian family, newly operating a farm/holiday camp in South Gippsland. Families or singles welcome C/- Holiday Camp, PO Box 427, PRAHRAN 3181.

BICYCLE TOUR NZ (NI) 17 Mar 88, 5 weeks. SAE to T. Ford C/- PO REDLYNCH 4872.

LA MANCHA HEALTH Centre Wollongbar, NSW. 2480. Motel-like accommodation. Beautiful rural environment. Special from \$165 pw. Directed by Matthew Steele, dietician and author. Phone or write for brochure. 066-295-138.

BICYCLE TOURS OF NEW ZEALAND — we feature biodynamic, organic farms and provide all cyclist's services. PO Box 11-296, AUCKLAND 5. Ph: 591-961.

PUBLICATIONS

MAGGIE'S FARM Alternative Network Magazine. A unique experiment in Access Press run by a volunteer collective as a regular news service linking many citizen initiative groups and networks world-wide. Planet Earth news, hues and views. Eco-Action, Health and Healing, New Technology, Psychic Reality and Communal Lifestyles. 4 issue sub \$10. Maggie's Farm Media Centre, PO FAULCONBRIDGE 2776.

HOW IS IT DONE? Why is it used? and many more answers given in *Psychic Information, Explanations and Management* book. Written by a practising psychic. Send \$6 and your book will be mailed to you anywhere. Print return address clearly please. J. Cohen, 8 Nelson St, BROKE 2330.

DONKEY SOCIETY OF AUSTRALIA, for information on Magazine Subscription, Publications, Books and the Care of Donkeys. Contact: Federal Secretary, M. M. Smith, 'Warrawurra', Bushells Ridge Rd, WYEE 2259

GRASSIFIEDS

PUBLICATIONS

HERB REVIEW. New publication, produced spring and autumn. Spring 87 issue available now with articles on herb teas, companion plants, making pot pourri, identifying mints, propagation, harvesting and drying herbs, poisonous plants; plus regular features including Resource Directory (names and addresses of nurseries, herb farms, clubs, schools, seed suppliers etc). Quick Reference Herb Chart (detailing 65 varieties); and more. Send \$8 annual subscription and receive spring 87 edition immediately. Australian Horticultural Correspondence School, 264 Swansea Rd, LYLYDALE 3140. Ph: 03-736-1882.

1988 ASTRO CALENDAR of the antipodes. Comprehensive 18 page Biodynamic Moon Planting guide. Graphically presents Moon, Sun and Planetary rhythms using Sidereal Zodiac. \$4.95 (post free). Brian Keats, BOWRAVILLE 2449.

THE GRAIN AND SALT SOCIETY (Australian chapter). *Seasalt's Hidden Powers*, book by Jacques de Lengre, is obtainable from the Society. C/- PO PIONEER 7254. Cost \$10 incl. post. SAE for Society information.

ANIMAL FRIENDS, quarterly, the magazine for all who love animals. If you share your life with an animal friend this is the magazine for you. Regular features include veterinary column, book reviews, young people's page, lively letter pages plus factual and entertaining features. *Animal Friends* is only \$6 a year. Animal Friends, 40 Northam Rd, EAST BENTLEIGH 3165.

**DEADLINES: GR 65 – DECEMBER 30TH
GR 66 – FEBRUARY 29TH**

INITIATION INTO GENUINE MAGIC by Franz Bardon. More details (SAE) from HERMETICS, PO Box 84, WEST END 4101.

TURKEY TALK — a bi-monthly newsletter for the small-scale turkey breeder and pure breeds fancier. Subscription \$12.00 per year. Sixth issue available now from Night Owl Publishers, Box 764, SHEPPARTON 3630.

ORGANIC GROWING a quarterly magazine about growing food the natural way. Gives you practical ideas for organic gardening, farming, livestock and related subjects. Available at newsagents (\$2) or by annual subscription (\$10 Australia or \$12 overseas). PO Box 228, ULVERSTONE 7315.

AUSTRALASIAN HEALTH AND HEALING — Journal of alternative medicine. Australia's major health care quarterly, emphasising self healing and prevention of illness through measures which raise body defences. Sold at most newsagents and health shops \$3.50 each and by subscription \$12.50 per four issues (1 year) \$23.00 eight issues (2 years). Write Australasian Health and Healing, 29 Terrace St, KINGSCLIFF 2487.

AUSTRALASIAN SURVIVOR the magazine that prepares its readers for the fast coming hard times. \$2 for sample. PO Box 11, DICKSON 2602.

HANDCRAFTS

CASHMERE — have you wished you could use cashmere, one of the world's finest fibres? Make your own luxury garments. Combed cashmere available now 100 g white \$15.00, grey \$14.00, brown \$13.00, approx. 500 g to spin enough for jumper. Mail order or inspection by appointment BELISA GOATZ, PO Box 73, BAULKHAM HILLS 2153. Ph: Bev 02 629-2865 or Carolyn 02-629-2532.

POTPOURRI & SACHET SUPPLIES. We have the largest range of materials for fragrant craft work at the lowest prices in Australia — economy and traditional potpourris, flowers, herbs, spices, essential oils, fragrant pots, drawer liners, sachets, pomander balls, fragrant gift lines, craft board stiffeners, books and much more. We simply are the biggest in the country, but cater to all requirements, the beginner to the chain store. Write for free mail order catalogue. Potpourri & Sachet Supplies, PO Box 53G, NORTHCOTE 3070. Ph: 03-489-8405.

WANTED — STALLHOLDERS handcrafted goods and similar. Arts Convergence Easter 1988 1st to 4th April. Necessary to apply now. Enquiries to Convergence, 4 Pulpit Hill Road, KATOOMBA 2780, or Ph: Blue Mountains Arts Council 047-822-359.

ESSENTIAL OILS potpourri and natural products — for aromatherapy and craft work. We are the manufacturers of raw materials for making massage oils, soaps, cosmetics and household products. Our extensive range includes: essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, essences, pottery and containers. Buy from us direct, small or bulk sizes, and save with our low prices. Send stamp for free catalogue to Auroma, PO Box 187, RICHMOND 3121 or call in at 22 Mount St, PRAHRAN 3181.

BODY BASICS. Handmade Bodycare Products, including soaps, oils, lotions, etc. Available by Mail Order. All made to highest standards of quality using pure ingredients, based on traditional natural recipes. No animals have suffered in their creation. Also available in Gift Baskets. For brochure write: Body Basics, PO Box 1501, ADELAIDE 5001.

GIVE THAT PERSONAL TOUCH. Hand-crafted pressed flower greeting cards \$1.50 ea, 4 for \$5.00. Original paintings on quality card \$2.75 ea or 4 for \$10.00. Personalised greetings made to order. Mrs. H. Rogers PO Box 5, MERINO 3310. Ph: 055-791-249.

SPINNERS. Coloured mohair and wool, charcoal grey, silver, fawn, caramel. Send \$1 for chart with sample of fleeces to: E. Stormon, Bellambi Coloured Angora Stud, TOOGOOLAWAH 4313. Ph: 075-831-214.



FAMILY TREE QUILTS. embroidered centre panel surrounded by patchwork with four loops for easy hanging. Original design. Send SAE to: Rita Summers, 'Kersbrook Nursery Crafts' Gladstone Road, PIONEER 7254.

DERBY DUNGAREES. denim clothing for children, pinapores, overalls, pull-on jeans for children 1-10 years. Send SAE to Rita Summers, 'Kersbrook Nursery Crafts' Gladstone Rd, PIONEER 7254.

FOOD AND KITCHEN

PURE DRIED BEE POLLEN. 100 percent free of agricultural sprays. 425 g pack \$8 posted. Island Bees, PMB Althorpe Isle, COWANDILLA 5033.

HOME STONE FLOUR MILLS. Mill your own stonground wholemeal flour for cakes and bread at home with a Retsel Little Ark Stone Flour Mill. Endorsed by Housewives Association. Write for catalogues to: Retsel Distributors P.O. Box 712, DANDEONG 3175, enclosing three postage stamps or Ph: 03-795-2725. Distributor enquiries welcome.

CHEESE AND YOGHURT making supplies. Full range of supplies: starters, rennets, mould spores, wax, plastic cheese coating, cheese cloth, hoops, dairy thermometers. Classes also available. Send for a price list today. Home Cheesemaking Supplies, 15 Minns Rd, LITTLE RIVER 3211. Ph: 052-831-396.

LIVESTOCK

QUEEN BEES FOR SALE. Italians and Carniolans. Nucleus hives also available. Country Bee Apiaries, PO Box 440, Strathpine 4500. Ph: 07-205-2861 or Sundays at Dayboro Country Markets.

SELL CLYDESDALE GELDING six yrs old 17.2 hh, broken in to chains, quiet and willing. Clydesdale gelding five years 16 hh, broken in to chains. Make ideal harness horses. Collars and winkers for both. \$850 each or \$1600 for both. G. Murchie, Bents Rd, BALLANDEAN 4382. Ph: 076-841-181.

TO GOOD HOME ONLY. Nubian dairy goat in milk. Plus doe kid \$50.00. MUSWELL-BROOK, NSW 065-479-191.

COLOURED ANGORA GOATS (registered AGB) 2 black bucks for sale. Does and kids occasionally available. Phone Genevieve 02-932-896 AH.

CALENDAR EVENTS

EAST GIPPSLAND ORGANIC summer school 1988. Australia Day weekend January 23-24-25th. It's on again! This year a fine group of speakers covering a wide range of topics for cleaner, safer and more sustainable agriculture, including: organic gardening — getting started; aspects of animal care; collecting and saving your own seeds; tree planting, deforestation and salinity — the underground menace; appropriate technology — humanistic tools; changing over to organic farming. Farm tours, practical hands-on workshops. Lakeside campsite. Cost \$28 per person (includes camping fee). No charge dependent chn. Day visitors \$8. Information Ph: 051-575-210 or write Audrey Porter Box 33, WISELEIGH 3885.

GRASSIFIEDS

GARDEN AND ORCHARD

GROW YOUR OWN TREES from quality seed. Over 200 species listed — tree lucerne, acacias, ginkos, eucalypts, stone pine, honey locust, etc. Also limited stocks of Royal Paulownia and rainbow chard. For seedlist send 2 x 37c stamps to Central Seeds, RSD LOCKWOOD 3551.

COMPREHENSIVE CATALOGUE Australian native seeds: 1800 species, price \$6.00 posted. Bliss Partnership, 'The Cedars', BUNDARRA 2359.

TREE GUARDS, ten cents each, discounts for quantities. Send stamped envelope for sample/information. IRS, PO Box 67, BRUTHEN 3885 or phone: 051-575-562.

NUMBY NUMBY EARTHWORMS — breeders and suppliers of live earthworms for gardening, composting, horticulture and breeding stock. Our 'Speedy Breeder Compost Worm' revolutionises your compost and transforms your garden. Just \$18 per 1000 worms, includes postage Australia wide and instructions. Numby Numby Earthworms, ROLLAND PLAINS 2441. Ph: 065-858-239.

LARGE RANGE CULINARY, medicinal herbs, edible plants, excellent herbal 'Health Through God's Pharmacy'. For catalogue, information articles, send 7 x 37 cent stamps, Shipards Herb Farm, Box 66, NAMBOUR, 4560. Planning to visit Expo 88? Like to join in Herb and Useful Plant Courses covering identifying, growing, using culinary, medicinal herbs? Held Nambour, just 100 km from Brisbane. Details of courses and farm walk dates, send stamps to above address.

TREES — TAGASASTE, LEUCAENA. Tubestock: \$30/50. \$50/100, including freight NSW, Qld. Honey Locust \$1.20. Others on request. Write: 'Corinda Tree Farm' MONGOGARIE 2470.

HERBS — CULINARY, medicinal, repellants, lavenders, old world flowers, fodder trees. Send long SAE for list. Yandiah Nursery PO Box 227, WELLINGTON 2820.

SEEDS OF UNUSUAL useful plants. Hot weather vegies, low maintenance flowers etc. 50 cents pkt. For list send 2 stamps to Lorraine Blaney, C/- PO BEACHMERE 4510.

CLUBS AND SOCIETIES

LETS GROW GARDEN CLUB. A new correspondence club, with Glen Heyne and John Mason. Benefits include: quarterly newsletters; mail order catalogue; exclusive plant and seed collections; workshops, courses, tours and holidays; special discounts on books, tools products etc. Send \$10 annual subscription to 'Let's Grow', The Garden Cottage, Malmesbury Rd, DAYLESFORD 3460.

THE DR EDWARD BACH SOCIETY of Australia. Established in 1967 to further Dr Bach's healing philosophies and the use of the Dr Bach Flower Remedies. Our membership is Australia wide. Meetings are held each second Sunday of the month 4 to 6 pm at Narwee Pre School Kindergarten, Bryant St, NARWEE, SYDNEY. Telephone Val Stevens 02-772-1181, Lynne Boyd 02-533-5362, Zina Otis 02-645-1667. Post 33 Eddie Ave, PANANIA 2213.

COURSES

PERMACULTURE DESIGN COURSE

Melbourne Jan 1988 by Bill Mollison, an intensive 12 day certificate course covering the principles of permaculture and alternative finance and legal strategies for groups and individuals. The course focuses on skills needed for both urban and rural situations. Contact Ian Batchelor, 35 Jordan Grove, GLEN WAVERLEY 3150. Ph: 03-560-4174.

DR DON GRAY Nutritionist. Offers free health course. Nutrition in the Nuclear Age. For details please write PO BENTLEY 2480 or Ph: 066-635-213.

LEARN GUITAR BY CASSETTE. This excellent beginners course will teach you to play guitar with no previous experience of music. Instruction Book and Cassette cover Tuning, Chords and Solos. Compiled by top professional musicians and teachers. Cost \$25 (Post Free). Order from Brunswick Publications, PO Box 252, CROYDON PARK 2133.

MISCELLANEOUS

BOOKS, SELLING OLD and new books. History, pacific, philately, biography, war, fiction, philosophy, politics. Lists available. Wallace Box 325, PORTLAND 3305.

WIND GENERATOR LVM Aerogen 50. 12 volt. As new, only 4 months non-marine use. \$500 044-554-644.

HANDMADE COTTON HAMMOCKS, for your garden, patio or verandah. Incredibly relaxing, cool and attractive, multicoloured. Two sizes. Single \$49, double \$59 plus \$4 postage and handling. Please send your orders to: Leisure Distributor PO Box 512, GYMPIE 4570. Cheque, money orders, Bank or Visacard.

I'M SELLING MY HORSE AND WAGON. Rowdy is a 3/4 draught and 1/4 thoroughbred, fully road trained (over 4000 km all roads) complete with harness. The wagon is heavy duty canvas covered and completely self contained. Included in this unique offer comes: farriers tools, general tools, water tanks, maps (1:250,000 topographical), cooking facilities, cupboards, sleeping two adults and one child. Don't let lack of experience deter you. I had 1 1/2 weeks of tutoring before setting out. I knew nothing about horses before starting. The total cost of this unit is \$5380. I will sell for \$4000 ONO. I'm open to exchange! Richard Athens, C/- Homeland, THORA 2454 or Ph: 066-558-514

MEDITATE on the inner Light and Sound and transcend body consciousness under the guidance and protection of Master Sant Darshan Singh. True spirituality is a gift from God and is given free of charge. For further information, please contact Sawan Kirpal Ruhani Mission, 63 Morrie Cres, NTH BLACKBURN 3130. Ph: 03-898-8950.

AUSTRALIA'S NATIONAL surveillance scheme is ready to invade your privacy. For details please write Dr. Don Gray, C/- PO BENTLEY 2480 or Ph: 066-635-213.



WHAT IS ECKANKAR? Eckankar is a personal study which reveals the long-hidden spiritual laws of life. They are universal, yet few have recognised or mastered these powerful principles. The key to this study lies in simple contemplative techniques which focus one's attention on the Inner Self, or Soul. These unique creative exercises, collectively called Soul Travel, release the powers of awareness and lead to greater freedom and responsibility in all areas of life. Anyone can find out more about Eckankar by reading one of its many books or attending a book-based discussion class. For the sincere student, Eckankar also offers a series of one-year study programs, called Satsang Discourses. Through daily practice of its ancient secrets, the student of Eckankar soon discovers his own solution to life's problems and unlocks the door to unlimited inner vistas. For an introductory booklet 'Eckankar An Introduction' send \$2 (includes postage) to Eckankar, Shepparton Discussion Group, PO Box 1669, SHEPPARTON 3630. Ph: 058-552-507.

RAMMED EARTH BUILDING equipment. All equipment necessary to construct pise house. Powered rammer, compressor, all necessary form work, scaffolding, all other gear used on the job. Full tuition, design guidance available to purchaser. Offers invited weekends/Xmas holidays. Ph: 047-877-432.

CRYSTALS, large and small, single or clusters. Quartz, amethyst, calcite, schorl, tourmaline, Xlrg. Also Maltese Crosses, crystals of the mineral staurolite. Enquiries, prices contact Mrs. J. Marshall PO Box 2279, MT ISA 4825.

FIVE DOLLAR CASSETTE with talk and meditation on animal and world healing. International network for religion and animals. PO Box 86, BIRDWOOD 5234. Ph: 085-685-181.

PAST COPIES OF GRASS ROOTS: Last issue someone advertised past copies (nos 1-60) for sale for \$110 the lot. I contacted him and they had been sold. Could anyone else make me a similar offer? Carina, 35 Henry St, WINDSOR 3181. Ph: 03-513-735.

FOR SALE: RETSEL MIL-RITE electric home flour mill (stone). Never been used. \$500 ONO. Phone 066-423-902 after 6 pm.

WINDMILL SOUTHERN CROSS. 8' head on a 21' stand includes a new fan and tail in perfect working condition. \$850. Ph: 058-682-331 AH.

Z-POWER is a range of fuel and oil supplements created to reduce acid emissions from petrol and diesel engines. The products can reduce fuel consumption, reduce exhaust emissions, eliminate 'running-on', extend engine oil life and decrease engine wear. If you would like information about buying these products or becoming involved in distributing them please write to Ron Fergusson, 113 Anzac Hwy, ASHFORD 5035. Independent Z-Power Distributor.

ORGANIC GRAPE JUICES and non alcoholic beverages, liquid organic seaweed for garden or farm. Mail orders delivered door to door anywhere in Australia. Write PO Box 314, Robinvale 3549. Ph: 050-263-955, or Demeter Bio Dynamic Fruit Juices, C/- PO POWELLSTOWN 3797.

CLASSIFIEDS

MISCELLANEOUS

SPECIAL REDUCED RATES. 1 kg net weight of mixed size worms (approx 4000 worms). For \$35 including freight NSW. \$4 extra interstate. For gardeners, fishing bait and aquarium food. We will not be beaten on price or quality on any order large or small. Enquiries to Wormborough Farm, PO Box 794, TAREE 2430. Ph: 065-539-633.

CHIP HEATERS. No electricity needed for instant hot water, operates from town or tank water supply. \$125.00 including packing and postage 'Heaters' 358 Centenary St, ALBURY 2640. Phone: 060-215-469.

CONTACTS

SINGLE MALE (38) like to meet lady aged between 26 and 34. Children accepted. Non drinker. I am a smoker. I'm easy going with good sense of humour. Enjoy outdoor life e.g. gardening. Please reply to Ted Watson, 35 Merilba St, TOTTENHAM 2873.

SPECIAL PERSON, soulmate where are you? I'm 43, blonde, slim, 165 cm tall, Scandinavian origin, very fit and active. I love nature, all natural things, interests are many, also dancing and music. I'm vegetarian, looking for honest, trustworthy man (with neat beard or without) with whom I could live happily ever after! Will exchange photos. Silja, PO Box 463, KURANDA 4872.

AIR SIGN GUY 23 seeks to share life with lady 27-29. I am into AAB, HPB and life as a whole. Brett Stevens, 23 Austin St, FAIRLIGHT 2094.

GENT 32 Y/O, 5 ft 6 ins, 10½ stone, looks OK, lives in tent on beautiful river bank, gas lighting and stove, battery radio/cassette, TV. Into archery, canoeing, trail biking, fishing etc. Seeking woman to share my life. Eventually travel Australia maybe the world. Send photo and info to B. Skinner, C/- PO TAREE 2430.

LADY (45) would like to change direction of her city life and to develop loving and caring relationship. I like outdoors, nature, hiking, exploring remote areas, prospecting, sailing, travel, reading, keeping fit and healthy. I seek genuine, trustworthy man with a sense of adventure, intelligent mind, a non-smoker, non-religious, not into astrology, no ties. A 'kindred spirit' who leads an active away from the city life or is determined to do so in the near future. Please reply: Qld Lady, C/- 'Grassifieds' Box 764, SHEPPARTON 3630.

GIRL FRIDAY needed to share on desert island twixt Auckland and Raratonga. Tropical paradise. Will be self-sufficient with goats, fish and tropical fruits. Living quarters available. Must be non-smoker and have good medical history. Write to Robinson Crusoe, PO Box 831, COOLANGATTA 4225.

WANTED: Rugged, fit and healthy, anti-establishment guy! Classy lady biker, highly intelligent, with depth of soul, would like to hear from adventurous, naturalistic, romantic. I'm 41, look 27. Write to: Ingrid, C/- 14 Campbellfield Avenue, BRADBURY 2560.



EUROPEAN MOTORCYCLIST, middle aged, with a difference, seeking a young lady for permanent relationship. You must be broad-minded, sincere, honest, clean and AIDS free. If you like the bush, beaches, weekend touring and camping, call or write. 049-648-143 Henry Helfen Ponderosa, Pacific Hwy, TOMAGO 2322.

DIVORCED FEMALE 50's slim Scorpio, height 5 ft 6 in. Interests, horse riding, music, sport, travel, seeking friendship with male who likes dancing and going out. Smokes and drinks a little. Age 48-60 years. Narelle Ellis, District Hospital, WINTON 4735.

SINGLE MALE (24) 6 ft 2 in Aquarius, seeks an attractive, bright, mature and caring female to form a happy, harmonious, lasting relationship. Loves nature, hiking, camping, natural food and lifestyle. Vegetarian, non drinker/smoker preferred. Oliver 6/8-10 Caronia Ave, CRONULLA 2230.

I AM PUTTING OUT for a down to earth lady. I am at present serving the remaining 9 weeks of my prison sentence (for a non-violent crime). I am a loving and caring man with a great sense of humour, very much into consciousness, rebirthing, massage, meditation, I am vegetarian, non smoker and very light drinker of wine and cider, I love children and pets. I am keen to get into permaculture and Tai Chi. I seek a lady of loving, caring, sharing nature to be my friend and as time goes on perhaps my lover. A lady to share this wonderful universe together. Age, colour and creed are of no mind to me. Gerald Hughes, Wonoloo Prison Farm, LYNLEY PARK 6558.

GENT 29 Cancer, down to earth, caring, honest, into self-sufficient lifestyle, will travel, seeks lady for long relationship. PO Box 566 MANJIMUP 6258.

GENTLEMAN PENSIONER aged 78 in 100 percent good health, wishes to meet a very sincere genuine lady aged from 60 to 76. Genuinely loves country life, gardening, growing organic vegetables, medicinals, herbs, non-hybrid. Who loves mountains, rain forest, looking for permanent loving genuine relationship in marriage partnership, forever lasting in happiness in true nature (to live on a new herb farm on a river). If interested was born 28 March. Please reply to Chris W. PO Box 1208, BUNDABERG 4670. Ph: 071-776-341.

SINGLE MALE (31) 6' Olive complexion, medium build, non-smoker, not into the club or hotel scene, mild drinker and GR person at heart. My interests include the outdoors, camping and photography. I live and work in Newcastle and travel to Lismore every fortnight to tend my tree growing project (permanently soon). I am seeking the companionship of a warm and caring lady who is 'nature minded'. Neville Collard, 160 Glebe Rd, THE JUNCTION 2291.

PETER SEEKS slim nonsmoker, sensuous lady 35-45 to share idyllic rural life, suit keen gardener who enjoys classical music, art, swimming and golf. 054-632-353.

**DEADLINES: GR 65 – DECEMBER 30TH
GR 66 – FEBRUARY 29TH**

VIRGO LADY, 5 ft 7½ in, slim, 53, would like to meet sincere, honest, Capricorn/Aquarius/Pisces male approx same age, nonsmoker, nondrinker, without ties. I am caring, honest, looking for a friend and companion to begin with. Interests camping, bush and beach walking, gardening. Photo would be appreciated. W.P. PO Box 43, CAIRNS 4870.

CARING ARIES LADY (45) looking for an active intelligent man 45-50+, non smoker, light drinker, no drugs, with interests in the outdoors, nature, the arts, and with a view to developing correspondence toward possible companionship and relationship. Write B. Campbell, Box 1497, DUBBO 2830.

INTRODUCTIONS, soulmates, friends, understanding help. Full details, SAE 'Consultus'. Box 831, COOLANGATTA 4225.

FEMALE PARTNER WANTED by 41 year old non-smoker, non-macho, humanist with daughter 6. Have 4 bedroom home, bush setting on Moora Moora Co-op Community. Ian Campbell, PO Box 214, HEALESVILLE 3777.

SINGLE MALE (31) 185 cm wishes to meet lady who would like to live in the country. I'm down to earth and of pioneering spirit, I'm starting from scratch, child welcome. Write with photo to Garry 5 Bowlers Ave, BEXLEY 2207.

VIRGO-MALE 6 ft 1 in tall, solid build 13.5 stone, aged 29, non drinker or smoker. Employed in city, reliable, wishes to meet female divorced or single mum aged 23-32 years, slim attractive, non smoker. View marriage. Only genuine person apply. Colin Dunkley, C/- 870 Princes Hwy, SPRINGVALE NORTH 3171.

WOMAN (24). Seeks artistic companionship and inspiration. Sculptress of a sensitive nature. Willing to move bar cities. Lover of wildlife. Shunner of people. All letters welcome. C.R. C/- PO Box 334, DENILIQUIN 2710.

ORGANIC MALE GYPSY celebrator seeks mermaid gypsy princess for life worship. Robin, Schmidts Road, POOWONG 3988.

LATE CLASSIFIEDS

RAMMED EARTH COTTAGE Blue Mountains colonial station style, huge family lounge with modern kitchen, Jotul wood stove, laundry, bathroom, separate toilet, masterbed ensuite, 2 other bedrooms, timbered ceilings throughout, double garage/workshop. Verandahs, developed garden, superbly insulated. Probably most beautiful pise cottage in Australia. Looks & feels like solid sandstone. Wonderful weekend/permanent residence \$98,000 O.N.O. Weekends/Xmas, holidays. Ph: 047-877-432.

UPPER EDEN CREEK near Kyogle: 240 acres, much rainforest regrowth, slopes and valley, creek access, freehold. \$49,000. Apply to TAENI, Barkers Vale 2474. Ph: 066-897-231.

PROSTON NEAR KINGAROY, approx 90 acres f/hold well timbered level block. Fenced three sides. Must sell, asking \$22,000. Phone Rick 02-407-3333.



GRASSIFIEDS

Please note the rate increase for the 'grassifieds'. General advertisements will now cost 30¢ per word, and property for sale will be 40¢ per word. Write your advertisement briefly and clearly — abbreviate where possible — and send with the necessary payment to 'Grassifieds', Box 764, Shepparton 3630, to arrive by the deadline for the issue in which you wish your advertisement to appear.

Sender's Name For issue No/s.

..... Postcode Cost

Please complete the above (not for publication) — it helps us with our record-keeping so we can give you better service.

Information Available

PEOPLE'S ALTERNATIVE MUSIC FESTIVAL

If you care about music, if you are concerned about its direction, if you'd like to see the development of a truly Australasian music, if ever you've felt the urge to create and be part of something truly unique, the need to share, then this is the festival to be at. It will be a non-stop jam of music, people and ideas, held on February 19-21, 1988 on a property about a two-hour drive from Melbourne. There will be three stages of varying capacities to handle a mixture of formal acts, workshop and spontaneous performance, a number of workshops and other events, a small craft-music market, food and drink stalls, chai tea and even late-night movies.

Numbers are necessarily limited, please book early! Concessions available to all who make a substantial contribution to stage, workshops or labour. Enquiries:

03-375-2644, or write PAM, C/- 62 Pascoe Vale Road, MOONEE PONDS 3039.

SMALL-HOLDER TRAINING COURSE

The Indigenous Developers Action Group anticipate holding a short summer school of about 2 weeks duration — starting on January 4th 1988.

Successful applicants would be given the opportunity to take part in a training course for aspiring small-holder farmers that will include Agroforestry, Animal Husbandry and Organic Orchard Care. The Indigenous Developers Action Group is based at Wandandian (30 kms south of Nowra). Youth and women will be given first preference. For further information please contact:

Diana Hayward, 'Hayward Meadows' Wandean Rd, Wandandian 2540.

POTTERY KILN REPORT

A 20 page comprehensive report on the building and firing of a 40.5 cubic foot, high temperature wood fired pottery kiln, including step-by-step construction plans is now available at \$20 including postage from: Barry Taylor, PO Box 684, Inverell 2360.

SUMMER SCHOOL 1988

The Centre for Continuing Education at the Australian National University, Canberra, together with the Canberra Schools of Art and Music are organising a Summer School of the Arts, to be held in mid-January, 1988. Courses will include: woodcarving, drawing, ceramics, kiln-fired glass, introduction to relief printmaking, weaving, landscape photography, colour photography developing and printing, mask making and performance, performance workshop (voice and movement), stage movement for singers and master classes in flute and clarinet.

Most classes will be for beginners, but some may have prerequisites for acceptance as a participant. Class numbers are limited, giving a considerable amount of personal attention to progress. For further information and brochure contact: **Summer School of the Arts, CCE, ANU, GPO Box 4, Canberra 2601**

LET'S GROW

LET'S GROW

Let's Grow is a correspondence club formed to enable gardeners and garden lovers around Australia to share the pleasures of gardening. To achieve this a catalogue has been printed listing supplies of new and exciting garden products just for its members. The founders of this club, Glen Heyne and John Mason are well known in the gardening scene. If you are interested please contact:

Let's Grow, Mail Order Department, 264 Swansea Rd, Lilydale 3140.

THE FELDENKRAIS METHOD

Lincoln Institute of Health Sciences and the Institute for Movement Studies are holding a professional training course in the Feldenkrais Method in Melbourne in 1988. This course will be valuable to people working to improve the physical abilities of others. The Feldenkrais Method has been applied in a variety of areas ranging from physical and psychological rehabilitation, stress management to pain reduction as well as in working to improve performance levels of athletes, musicians and voice production for singers. Anyone interested may contact: Janette Drumm, 625 Swanston St Carlton 3053.

Information Available



NATURAL VISION IMPROVEMENT

Janet Goodrich has been teaching Natural Vision Improvement since 1968. She has developed a creative approach to teaching clear eyesight using Bates Method, kinesiology and emotional healing. Recognised around the world, she is the author of the book *Natural Vision Improvement*. If you are interested in courses or workshops in 1988 in Natural Vision Improvement please write to:

Creative Vision Research, PO Box 999 Caboolture, 4510.

EASTER 1988

Sutherland, Sydney has been selected for the 22nd National Folk Festival, to be held over the Easter weekend 1988. This festival will attract Australia's most prominent folk performers as well as overseas guests. In conjunction with the festival the Sutherland Bicentennial Craft Fair will be held. Craft booths will be erected that will house folk arts craft displays. This festival offers your group a number of areas for participation, i.e. craft booth or inside display area, workshop or lecture opportunities, public demonstrations or re-enactments etc. If you are interested in participation, write to:

Danny and Lesley Watson, 33 Grantham Cres, Dangar Island 2253.

ANANDA MELA FESTIVAL

Ananda Mela means 'Festival of Bliss'. It is a four day festival held every year at the Ananda Palli spiritual community near Stanthorpe, Queensland. It combines a wide range of workshops and activities with a daily programme of yoga and meditation. The workshops have been chosen to reflect the theme of the festival 'The Earth in Transition' and cover broad issues within the fields of economics, politics, education, medicine, spirituality and creativity.

The festival caters for the whole family, offering childcare facilities and recreational programmes for both teenagers and children. It runs from January 8-13 and registrations must be in by December 25. Registration fees which include nutritious and tasty vegetarian meals are: \$120, \$88 (economically disadvantaged), children 8-16 half price, under 8 free. For registration and/or a free leaflet write to:

Ananda Mela, PO Box 3, SEVERNLEA, 4352 or ring 076-835-315.

NATIONAL HOMEBIRTH WEEK

National Homebirth Week was held from 26th October to 2nd November, 1987. This week was chosen to coincide with Halloween because in the Middle Ages midwives were considered to be witches and were frequently persecuted and burnt to prevent them practising. Did you know home births in Australia are on the increase? There was a 48 percent increase in Western Australia last year.

Homebirth Week was a week of information with our aim being to inform as many people as possible that homebirth is an acceptable safe alternative to hospital birth. A Homebirth Forum is currently being planned. More details and information can be obtained from:

Theresa Clifford, 32 Curedale St, BEACONSFIELD 6162.

GHANDI TODAY: A REPORT ON MAHATMA GANDHI'S SUCCESSORS

What has become of Mahatma Gandhi's legacy in India, in the 40 years since that country gained independence? That's the question that led Mark Shepard to India, and that he answers in *Gandhi Today*. The 'Successors' Shepard met are not India's political leaders, who he says have mostly abandoned Gandhi's principles. Instead, today's Gandhians are a vibrant national movement uniting community organisers, village development workers, political activists, and peacemakers, working mostly at the grassroots. Their aim is to build a new society based on Gandhi's principles of nonviolence, decentralism, economic justice, and cooperation.

The book is available for \$20 (hardcover) or \$9.95 (soft cover) from: Simple Productions, 12 East 15th St #3, Arcata, California 95521 USA.

ARTS CONVERGENCE 88

From April 1 to 4, 1988, hundreds of arts and crafts people from around the country will 'converge' onto the Katoomba Showground to practise and exhibit their art or craft.

There will be stalls selling all sorts of hand crafted goods, pottery, leatherwork, handspun and handwovens, woodwork, chair caning, jewellery, patchwork, tapestry, soft toys, jams and sweets, paintings and drawings, demonstrations, community workshops, videos and other entertainment. In addition, there will be garden stalls selling plants and a display of Australian wildflowers by Jill Dark, who will also be giving an illustrated talk on Australian wildlife and flowers. Many stallholders will demonstrate their work at the convergence.

There are still a few vacancies for craft stalls, both conventional and unconventional crafts, and organisers hope to hear from poetry readers or story tellers who might like to add their work to the growing list of entertainment.

All enquiries should be directed to:

Pamela or Leslie Reeves, No 4 Pulpit Hill Rd, KATOOMBA 2780, or phone 047-822-359.

TASMANIAN FOREST FESTIVAL

The 1988 Tasmanian Forest Festival will be held at Jackey's Marsh, near Deloraine, on the 6th and 7th of February 1988. It will feature workshops on the botany of the area, photography and outdoor recreation, evening and daytime concerts by local and interstate musicians, guided walks to the valley's features and children's activities. Catering and basic amenities will be provided, bring your own tent, sleeping bag and utensils. Tickets are \$15 for the weekend or \$10 per day with children 6-16 half price, under 6 free. For further information: Peter Gear, The Wilderness Society, 130 Davey St, Hobart 7001.

NATURAL HEALTH AND LIVING EXPO 1988

A great weekend for everyone interested in natural living and health care will be held in Melbourne on February 13th and 14th and in Sydney on March 12th and 13th next year. Both an exhibition and a conference are planned, and are designed to appeal to both professionals and the general public. For further information contact:

Melbourne: Marg 03 7551568 Sydney: Teena 02 991810

INTERNATIONAL HERB GROWERS & MARKETERS ASSOCIATION

IHGMA is a trade organisation comprised of both growers and marketers of herbs and herbal products. Their objectives include educating the general public about the use of herbs and promoting growth of the industry by providing a clearinghouse of information to members. The membership directory of almost 600 is both a resource guide and a mailing list of many of the herb businesses in the USA and elsewhere. Plans for their 3rd Annual Conference and Trade Show in Baton Rouge, Louisiana, June 19-22, 1988, are already being finalised. For further information about the Association and membership contact:

Maureen Buehrle, Executive Director, IHGMA, PO Box 281, SILVER SPRINGS, PA 17575.

SALES TAX GUIDE FOR THE MAN ON THE LAND

A simple guide to sales tax for the agricultural industry has been produced by the WA Farmers Federation for distribution to farmers throughout Australia. It is designed to help farmers deal with the costly and complex sales tax system by explaining when sales tax applies to particular purchases and how to gain an exemption if it does not apply. Included are a helpful list of items exempt from tax and a purchasing guide of items likely to be required in primary production. Areas covered by the guide are livestock and poultry breeding, production of crops and fruit and agricultural supplies.

The booklet is available free of charge (although contributions towards publishing costs are welcomed) from:
The WA Farmers Federation, PO Box 6291, PERTH 6001.

Feedback Link-Up Feedback

Dear Megg and Kath,

Firstly, thank you very much for printing my article on the development of our host farm. We've already had some responses as a result of it, especially some lovely letters from people who had read it. They were warm and encouraging, and a couple of them were from people who wanted to start a similar venture. I've answered them personally, but would like to say thank you again to those who wrote.

Almost exactly at the time the article appeared, my husband Ian was burnt at work (casual job) and spent a few weeks in hospital, and a few more recuperating. He was working on a distilling plant for extracting the essential oils from herbs such as fennel and peppermint, which is run by a co-operative of several farmers who grow these herbs. The oil is exported to Europe, incidentally. Anyway, to cut a long story short, the door of the boiler popped open when he was on a ladder in front of it, and steam came out and scalded his chest, stomach, arms and hands. He leapt off the ladder (amazingly without injuring himself further) and went straight under cold water; because of his quick thinking, he received first degree burns rather than third degree. As 20 percent of his body was affected, he would have been a critically ill husband and father for quite some time. As it is, he has only red marks on one arm and part of his chest — discolouration rather than scarring. His skin is very thin and tender, and easily damaged, so that he cuts and scrapes it with only the slightest knock. He will have to stay out of the sun for about a year, unless well covered, but apart from these relatively minor things, he's back to normal. We are so thankful that his face was unaffected, and that he had immediate access to cold water. As they say 'it could have been worse'.

I have also had some health problems, mainly due to stress, because I was trying to fit too many things into too little time, and decided the best way to reduce the pressure was to stop teaching. Any teachers among you will know that it is a rewarding job, but certainly demanding on your time and energy, and along with the host farm, and being a wife and mother, things became more than I could cope with. Unfortunately, because Ian is not working, and tourism is at an all-time low this year, we needed the income from my teaching, because we still have 2½ years to go on a loan we got to put down floor coverings. I racked my brains to think of something I could do at home, without feeling pressured, which I could regulate to fit into everything else, and which I enjoyed. I have now begun a MINI-BUSINESS called 'Kersbrook Nursery Crafts', and will begin making children's clothing to order, and also family tree wall quilts, which I've designed and begun to make. I've just begun advertising in local shops, and the school newsletter, and put together an album of photos of my kids wearing things I've made them, so people can get a reasonable idea of what I can (or can't!) do.

The catalyst for this idea was a book I'd read called *Starting a Mini-Business*, and I would sincerely recommend it to anyone. It's full of ideas and practicalities, and is easy to read, with exercises at the back to get your grey matter going. I got it from a normal newsagent/bookshop for about \$8 after hearing a review of it on ABC radio (how about stocking it, GR?). It's written by Nancy Olsen, and published by Penguin Books.

This is becoming rather long; before I finish, would Marj Gronemeyer (GR 61) ring me on 003-542-418 or write to me? I was upset to read about the dreadful treatment they received in Queensland from an unscrupulous member of the human race, but when I rang the caravan park where they were staying, they were no longer there. Don't give up hope, Marj, there are still some good-hearted people in the world who care. Please let me know how you are and where you are living. Things sounded so hopeful when you last wrote, and I was aghast to read about the dreadful consequences. He is not fit to be called a human being.

I'd better stop before my typewriter burns holes in the paper! Love to you all and keep up the good work.

Rita Summers
Kersbrook Host Farm
Gladstone Rd
PIONEER 7254.

The book Rita refers to was reviewed in GR 62 and is available for \$8.95 plus postage from our book order department.

Dear GR Readers,

About 30 years ago every Monday morning — my grandma used to make the most wonderful meatpaste from the leftover leg of lamb or roast from Sunday's dinner.

Does anyone have a recipe that could possibly be the same?

J McNaughton
PO Box 565
TOOWOOMBA 4350.

Hi Soulmates,

Season greetings to one and all, may all your wishes come true.

Things are slowly coming together for us on our small Utopia. One or two problems with other people's stock, but we can eat those, no problem. Right now we are isolated by floodwaters, and it is still raining which brings me to remember our sheep, out in the rain. We have been advised to put coats, or rugs, on them, to protect the wool from grass seeds and burrs. Can someone tell us where to buy, or how to make these coats, and how do they affect the sheep's health in hot weather? Also, could anyone please tell us where to buy, or again, how we can make a drum roller for getting fleeces ready for spinning? We have written to Ashfords in NZ, but as yet no reply.

Here's a couple of tips you may be able to use. The fingers from old leather gloves make good protectors for wood chisels, leather craft tools etc, and if soaked in oil help prevent rust. Old shearers' beds, the beds not the shearers, make good gates for chook runs and goat pens. To sharpen sewing machine needles, make a few stitches through a piece of emery paper.

Mike and Bev Wearing
Rosehill
STEWARTS BROOK 2337.



Dear Megg,

Let me tell you about when the baby got 'pinked'. A lady friend of my mother's came to stay a few hours with us, waiting for a connecting train. We were doing our homework on the verandah floor when she brought the baby to us to mind and went inside for a cuppa. We gave the baby a spoon and basin to bang with. Then I gave her a little water to splash in. After I finished my homework I looked at the baby and found her pink instead of white. She had found a red ink bottle and splashed well. Poor mums! They tried with our help to get it off but it didn't shift much. The lady wrote and said people on the train weren't very friendly because the baby had such a strong rash. It wasn't hurt. I met the baby, grown up, years after and we had a good laugh. She did not remember but was told after about it.

A lady not far from us boiled a red jumper accidentally in with her washing. Everything came out a different shade from deep red to pale pink. I found her crying. In these days she would be able to do something about it and be very popular. In those days it was a disgrace nearly. Her husband went straight down and bought some white shirts. She never wanted to talk about it later because she had always been very proud of the whiteness of her wash.

Just thought you and your readers would enjoy these memories. I must close now for a cuppa. Best wishes.

Hazel Loveridge.

Hazel's husband Ralph has recently written to tell us the sad news of Hazel's death. She had been a faithful reader of *Grass Roots* over the years and we have often received little anecdotes like the ones above of a by-gone era. Our sympathy goes out to Ralph as we have all lost a dear friend.

Dear Megg and Co,

Your BUSHFIRE (should I be modern and say wildfire?) articles are always well timed and I should think helpful to beginners. I've seen approx 100 fires, culminating in the Ash Wednesday affair which I'd like to write about when I get it all sorted out in my mind. It makes you think when you see piles of up to 100 sheep dead and charred where they've jammed in gateways. We've been lucky always, never lost a thing of value in fires but seeing so much suffering, animal as well as human, gets to you.

A friend was caught on Ash Wednesday in his truck and disobeying all the current advice left it and ran down the road. His truck's fibre glass cabin melted, while he reached a house and lived to tell the story . . . only he won't. My talkative daughter tried to pump him about it a year or two later but he didn't want to even think about it. We should talk about it though, instead of just having nightmares, and ultimately people might wake up and do something about prevention.

I sympathise with those who would like to only have their initials printed. After my wife's letter was printed we got deluged with unsought mail. Thanks for a great magazine.

D.A.
APSLY 3319.

Feedback Link-Up Feedback

Dear Grass Roots,

I am writing this letter to share some knowledge with your readers. Over the past fifteen years I have been experimenting with and enjoying organic gardening. The only problems I have experienced are the influx of insects from neighbours' gardens after they have sprayed, and my reluctance to share my beautiful produce with these insects.

Early this year I was introduced to the Rudolf Steiner philosophies and his bio-dynamic system of farming and gardening. I have found that this system does incorporate organics but also includes preparations and sprays based on homeopathic principles. For those who do not know what I mean by homeopathic principles I give the following examples: to be treated for snake bite you receive anti-venene, which is made from snake venom; when you travel overseas you receive injections of the very diseases you desire not to contract. In other words you make the medicine from the disease itself. In bio-dynamics if you want to prepare the special sprays to prevent ants, grubs, bugs, fly strike, fleas, etc. you use the insect itself in the preparation.

The ABC-TV have shown a few programmes on bio-dynamic farming in Australia and New Zealand. The NZ Govt is currently moving to turn NZ completely organic and bio-dynamic. Why don't we rally our politicians to do the same thing here? In changing from orthodox to bio-dynamic methods there is none or minimal losses in the changeover period — and no horrible chemicals to have to pay for.

For more information you could contact the Steiner Book Centre, 307 Sussex St. Sydney 2000, telephone (02) 264 5169.

**Jenny
MORANBAH 4744.**

Dear Grass Roots Readers,

Hi. I am a 17 year old jillaroo, who has been reading this interesting magazine for about 3-4 years. I am looking for anyone who sells MAIL ORDER SEEDS and/or plants. I would also like to correspond with any other jillaroo or jackaroo who reads this magazine. Look forward to hearing from you!

**Michell Churton
Kootchie
TAMBO 4478.**

Dear Friends,

We are a Christian family and would like to correspond with like-minded land-loving people with a commitment to God. It is encouraging to read about how a lot of people are trying to make a go of it in the country — showing that even 1 or 2 acres can be very productive if there is good management combined with a practical knowledge and a lot of hard work.

Our interests range from helping at Sunday School and a small youth group, various crafts, gardening, different types of building, and most importantly raising our children with good morals and a positive outlook on life if they are prepared to work for it — including some discipline from mum and dad. In the near future our vision is to build a self-contained cabin for the use of christian groups, day or weekend outings and eventually youth camps — HELP is needed in way of ideas and experience from people with practical knowledge with this type of venture and any other ideas to make our farm more productive physically and spiritually.

Our children's names and ages are Charlie 15, Sam 13, Emily 9, Eliza 4, Sarah 2. We'd like to hear and exchange ideas from like minds.

**Dan & Debbie Bacon
Cawongla Rd
ROCK VALLEY 2480.**

Dear Grass Roots People,

My husband and I have been reading *Grass Roots* for some time now and thoroughly enjoy it, in fact it has inspired us to drastically change our lifestyle. We are in the West Launceston area on a 1/2 acre block, very hilly, loads of rocks and clay, but have been mulching and feeding our ground with natural manure to get a greater depth of soil, and of course healthier crops. We have just recently formed our local organic gardening club and are about to venture into making our own compost bins (on the bare earth) full of all natural goodies (manure, grass clippings and shredded paper etc). Your magazine has taught me to make bread, inspired both David and me to learn spinning and weaving (both of which we thoroughly enjoy), and also started me on my way in herbal remedies and herb growing. Thank you all for such a wonderful magazine and God Bless.

**Lyn & David Henderson
56 Neika Ave
WEST LAUNCESTON 7250.**

Dear GR

I really enjoy your magazine, especially the Feedback, Link-Up, Feedback pages. I get a lot of information. We moved onto 40 acres 3 1/2 years ago. There was a house on the land but we have done it up a bit, built chook pens, made a garden and generally tidied up. We have cows, horses, ducks, 2 dogs and chooks, which keep us busy. I like sewing, gardening and crafts, but with two small children Jodie (2 1/2) and Cameron (3 months) I never seem to have enough time to do the things I'd like to get done. My husband works full-time and only gets weekends to do things on the farm. We were hoping to go away for a week's holiday in February and were wondering if anyone has any ideas about caretaking. Anyone wanting to write please do.

**Karen Hale
Mail Service 279
GUNALDA 4570.**

Hello Everyone

The lifestyle here in Cairns certainly is a pleasurable one but like always, I find a break is necessary, even if only annually. So, I'm heading down to Central Coast of NSW, where I was born and raised, in mid November. I'll be returning early January. In the middle is where I hope to find kind people of Eastern suburbs of Sydney to make contact with. As I've lost contact with friends in the last 6 years (that's how long I've been living here) and as I love live music and offbeat movies, it would be so very nice to meet new people and share their place just for a little while. Where I stay on the Central Coast is in the middle of the bush and besides, I have no transport. I will return to same whenever you're up this way. The same goes for people between Brisbane and Central Coast as I'll be travelling by train to Brisbane and have not any plans beyond there. It all sounds easy, doesn't it? It is. I think it's a great idea. Looking forward to your early reply.

**Silvia
PO Box 1500
CAIRNS 4870.**

Dear Grass Roots,

At last I write to feedback, after enjoying everyone else's letters!. I'm a 22 year old girl living and working in northern NSW (but sadly right in the middle of town). I'm a healthy, peace loving person who dreams of owning a country hideaway — one day! Anyway: my intention for writing: I study geography and will, in future, be studying ecosystems, biology and perhaps archeology. Problem is, I'm an external student (Armidale UNE), and don't know any GR people to DISCUSS MY STUDIES, aspirations, difficulties with. Is there anyone who would like to share their experiences with me? (Particularly people who have degrees already in this type of field and are working in it.) I would love to hear from you!

Also has anyone got a good recipe for VEGIE BURGERS that are easy to make and don't fall apart!

**Melanie Halliday
PO Box 775
TWEED HEADS 2485.**

Dear Friends,

Reading the feedback letters encourages me to put this one in. Since I have my small farm — creek and grass galore, vegetables, fruit trees, coloured sheep, geese, ducks, chickens, milking cow, self-sufficiency with herbs — to complete, I dream still for a money tree. Not too large and not too small and full of dollars in different stages to harvest. Dollars that the hail and rain can't damage and storage is simple since no mould would appear. The tree must stay alive in hot summers and cold winters. I will sit under the tree with an umbrella up so the falling dollar notes will not harm me. Can any of you beautiful people tell me where to get the seeds, how to propagate and how to water this money tree.

I will answer all letters — positive and negative — and until then I will enjoy the sweetest dreams about my money tree.

**Erwin O. Moeckel
Falls Creek
TUENA 2583.**

Dear Grass Roots,

My husband and I have just spent four weeks in Nepal walking in the mountains. On our travels we enjoyed the village life and the hospitality of the people. We also enjoyed the cooking and hence I am writing this letter to see if anyone can help me with a recipe for MAKING CURD. I enjoyed eating fruit and muesli for breakfast and the many papaya, banana curd drinks I had as well. Any information would be appreciated.

**Patsy Spelta
Box 29
MT NEBO 4520.**

Feedback Link-Up Feedback

Dear GR Readers,

I've been an avid reader of *Grass Roots* for some time now, but this is my first letter. I live on a small Melbourne suburban block and dream the usual GR dreams. I gain a lot of pleasure from my small vegie garden, and wonder if there are people in Melbourne interested in FORMING A GR TYPE GROUP. My thoughts on this being, that people could grow and swap vegies, fruits, herbs, recipes, crafts, ideas and such like. Thus we city dwellers could become a little less dependent on the commercially grown goods which are constantly treated with chemicals.

I also have a lovely NECTARINE tree which has lots of flowers but little fruit, can anyone help me with this problem? This same tree suffers badly from LEAF CURL which I treat with 'bordeaux', but wonder how safe this is and are there any natural methods of treating this disease.

In GR 62 there was a letter by JOHN DUFFEY about his ecoponics system. I wrote to him, as I am very interested in his system, but the letter was returned to me. So John if you are willing please contact me. Keep up with the good work. Megg, David and all at *Grass Roots*.

Roslyn Adcock
22 Bent St
NORTHCOTE 3070.

Dear Folks,

Can anyone please send me a pattern for ARABIAN STYLE SHOES? (The ones with the curled toes.) I want to use them indoors only so don't need a very involved sole construction. I have never made anything like this before, so full instructions would be great. Also does anyone know if Taowind Crystals ex Balmain are still in business — if so what is their current address please? Thank you all!

Lyn McLeod
13 The Avenue
EAST MALVERN 3145.

Dear Megg & Kath,

Hurray! I've finally scraped together enough at one time to have a subscription to *Grass Roots*. After borrowing O.P.'s and just managing to get one at a time, it will be wonderful to have it delivered (only to the post office of course, there are no mail deliveries here in the outback). Could anybody answer this question urgently? We have heard of a TOOL which is used to SPLIT SHAKES (I was told shingles are sawn, not split). It has a long wedge coming off the handle at right angles. We want to have a go at this roofing medium, what is this tool called, and where can we obtain it? Thanks a lot.

Chris & David Husk
Gunmark Rd
BENDOC 3888.

Dear GR People,

Hi, we are a young couple with one child. I'm writing to anyone who has had experience with a LOW-INCOME HOUSING LOAN. We are due for one mid 1988 and are still not overly clear on what we are to go for. Every time we make enquiries through the Northern Co-op nobody is very sure of themselves e.g. whether or not we can have tank water, alternative systems, or even how much land we are allowed to purchase. We do know we have to have a house and can go for approx \$45,000. We shall have a month to find our ideal place from notice of approval and that will depend on what number we are on the list. No point in looking too hard now as that costs and who knows what area will skyrocket by next year.

Also I need to learn more on ALTERNATIVE SCHOOLING for our daughter's future, she's 3½ now. We need to know for a start the costs involved and locations. Sorry we haven't been able to contribute this time, shall do in the future. Thankyou *Grass Roots* and hope we too can be helped through a great mag!

Meegan, Sam & Skye
RMB 1517 Brush Creek Rd
YARRAMALONG 2259.

Dear Folks,

It seems that we can no longer obtain from the shops and supermarkets, those long STICKY PEST STRIPS, that I remember from my younger days. Would anyone know how to make, or have a recipe for such a fly-catcher? I remember we always used to hang them up outside the back door of the house and before long they would be covered with struggling flies. If anyone knows where they can be purchased in the Albury-Wodonga area, or how to make them, I would be grateful to hear from them.

Tom Byrne
5 Kiewa Cres
MT. BEAUTY 3699.

Dear GR Readers,

Well, I must say, you are an interesting lot of people! My name is Rachelle, and I bought our first GR magazine in June '87 and thoroughly enjoyed it. I read it from back to front and gained lots of information and enthusiasm for a more self-sufficient life. Even Carl, my husband, who is by no means an avid reader, perused the pages and declared his interest and approval!

Although we are not 'alternative lifestyle' people, we enjoy growing as much of our own produce as we can and the peaceful life on our farm. We both have many ideas with the aim of becoming more self-sufficient, but time is difficult to find for such input as Carl works long hours on the family farm and I work in town. However, our plans for a future satisfying and fulfilling life, supplying more of our own needs is undaunted. We intend to buy your magazine regularly to learn and share with others who think similarly to us.

I must thank Ursula Woods for her article on breadmaking. I found her recipe very good, and it has whetted my appetite to learn more of this fascinating subject. And if anyone can let us know where we can get A HAND OPERATED GRISTER (grain cracker) for making flours and porridge from whole grain, please write. We are looking forward to future issues (and the back issues)!

Rachelle & Carl Forward
RMB 807 Goomalling Rd
NORTHAM 6401.

Dear GR Readers,

Hi my name's Jody, I'm 26, a sagittarius, 4 ft 11 in, in short interested in GR lifestyle since I was knee high to a grasshopper. I was probably born with a flower in my hand, my head in the clouds, and my feet in the earth. I'm into plants, animals, gardening, painting, tapestry, entering garden shows, bushwalking, hand pottery, reading, writing, poetry, swimming, fishing, and lots more. If you'd like to write do. I'm single and overweight. I live in the Woy Woy-Gosford area of NSW and would like to start a GR craft club — is anyone interested?

J L Johns
85 Daley's Ave
DALEY'S POINT 2256.

Dear Grass Rootish-type people,

My name is Peter Marshall. I am twenty-one and very unemployed, not to mention confused, disillusioned and disgusted with the city life I'm currently leading. I was introduced to *Grass Roots* by my very good friend (Katy Venes) while we were on our 'jaunt of fruit picking'. Since then I have been meaning to write but never got around to it. Today, however, I got the urge and bought a copy. Reading through it I remembered the beautiful days spent in Valla NSW and all the wonderful friends we met there. Also congratulations to Dave and Jo and Steve and Rhonda on the new arrivals. And to Kim for making it through two deliveries.

Thank you all for helping me keep a grip on what true beauty is.

Pete Marshall
RMB 1220A
MARYBOROUGH 3465.

Dear GR Readers,

After nearly 2 years of reading *Grass Roots*, I've finally decided to write. We (Wendy 30, Graeme 29, Melanie 4, and Jeffrey 2) live at Kiama on the South Coast of NSW in suburbia, but back onto a farm (which will be subdivided next year). We've got an organic vegie garden and some chooks. What can I FEED MY CHICKENS besides pellets? (That is easily obtainable.) They love scraps and weeds and grass but what else do they need? I'd like to make my own soap, shampoo, laundry detergent, and household cleaners too. My dream, like many others, is to own a few acres and be self-sufficient, but I'm a real novice, being born and bred in Sydney. I'm learning bit by bit the things that people used to pass down from generation to generation, but I have a long way to go.

We will be holidaying on the NSW North Coast in March '88 to have a look around. Graeme is a keen fisherman and would like to go YABBYING (which he hasn't done since he was a child), does anyone know a good yabby spot? Graeme hasn't quite caught the GR bug yet, but I'm hopeful. Perhaps we could spend a day or two on someone's property, just for a look. We don't smoke, only drink socially, are not religious and not vegetarian. (I'd like to be but Graeme is not ready yet.) Finally I'd love to hear from anyone who would just like to write. I'm also interested in my children, herbs and herbal medicine and crafts.

Wendy Black
67 McBrien Dr
KIAMA DOWNS 2533.

Feedback Link-Up Feedback

Dear Grass Roots,

Have been an avid reader of your magazine for many years and always find 'Feedback' to be of immense interest. To know what others are thinking and doing in this vast country always intrigues me. The richness and diversity of this land is only equalled by the same qualities in its people.

I am a single supporting parent (male) 32 years of age and have a wonderful daughter Ebony, almost 9. We both returned from overseas travel at the end of last year and settled in Adelaide where family and relatives are in abundance. But we know it isn't our home. At the end of this school year we would like to move back to a country environment, away from the clutter and clatter of full on suburbia. Northern NSW coast and southern Qld appeals especially the Sunshine region. I will be looking for work to support myself and Ebony, and looking to buy land or shares in this area. Briefly, I am a 7 years experienced primary teacher and a challenge in an alternative schooling environment interests me. I am a practising macrobiotic and believe Buddha's way is necessary for a sane world to exist. Cooking is a great passion and I have managed a macro restaurant in London and cooked full time in Spain. Ebony loves people (esp kids) and is developing a strong affinity for horses. We both have our failings but this is what it's about. So if any like persons would like to make contact we would love to hear from you.

Peter and Ebony Baillie
C/- Lot 1 Green Lane
WILLUNGA 5172.

Dear GR Friends,

Like so many other readers, all I've ever wanted is a patch of dirt for some chooks, vegies and an old house in the country. Living in the city was getting me down. Trying to rent a farmhouse is worse than getting a job. But here I am, sitting in our lounge room, Shannon, 3 years old, in bed waiting to get up in the morning and feed the chooks, turkeys, horses, pigeons, dogs and see the cows come in every arvo to set the dogs barking. Being real city people we sure have had some experiences. Just going in to get the eggs took a bit of courage. The first morning I woke up to the sound of barking dogs and cows mooing. I pulled up the kitchen blind, and there were two calves under the clothes line eating the long grass. 'Welcome to the farm' I said to myself at 7 am! I've learnt heaps already and it's only been a week. Horses won't eat the dirt on the green grass, so only give 'em the tops. I love to stand and watch the chooks. I started to giggle watching their antics. Then as soon as I walked away they stopped. Instantly. It was a show for the city girl. We decided to take a half hour drive to my Uncle Tom's pig farm. When we arrived Shannon had to go see Charles the pet sheep, she patted him then headed off. Maybe Shannon was at that 'tempting' size, but he ran after her and head butted her in the back and sent her flying. It might take her and me a while to go near 'pet' sheep again.

This dream will end at the end of October, because the Army bought the land, but our landlord (friend) a really nice typical country bloke, is going to find us somewhere else out here so I'm enjoying it while I can. If any like minded people would like to write, please do. All mail will be forwarded to our new destination.

Leanne and Shannon
C/- PO
WINDSOR 5501.

Dear Friends,

Gayle and I have had an interest in an alternative way of living for many years with dissatisfaction in our urban lifestyle and the pressure of a consumer orientated society. Despite this dissatisfaction I've never felt I had the ability to make it in the alternative scene. Somehow I had the impression that unless I was vegetarian, drank decaf coffee, practised yoga and lived in a mudbrick home I'd never make it. While some of these things may be admirable and perhaps desirable for us I fall a long way short of the rank.

We've only recently started reading your magazine and have been heartened by many of the feedback letters, people sharing their weaknesses as well as their aspirations! Reading *Grass Roots* has given a sense of coming home. In a year or two we hope to be on our own few acres, establishing a healthy environment for our 3 children to grow up in. Gayle and I are both committed Christians although our ability to fit into any fellowship has never quite come together, in fact has caused much pain and loneliness. The purpose of this letter is to contact like minded people. If you feel inclined to write and share we'd love to hear from you. Your magazine is a blessing to us.

Paul Fahey
143 Wyong Rd
KILLARNEY VALE 2261.

Dear Grass Roots Readers,

We are working in Brisbane, saving for a 5 to 10 acre block of land and are very inspired by this magazine. We are planning to build a MUDBRICK HOUSE and are attempting to learn as much as we can through books and magazines. In order to gain practical experience, we'd love to hear from anybody who has built or is building in mudbrick, particularly in the Brisbane Valley — Sunshine Coast area. Our regards to all GR people.

Ross Matthews and Penny Evans
Unit 4/34 French St
COOPAROO 4151.

Dear GR Readers,

The last time I wrote to Feedback, was in GR 60. Unfortunately, I was unable to travel as planned! Maybe next winter I'll be able to leave? In the past year I have been quite busy with work projects here at Alcheringa, aimed at conservation of our wetlands, and attracting additional native wildlife. Alcheringa, which was once a small farm, is now being restored to its original glory, a haven for wildlife, and a retreat from the ratrace. With a little imagination and a vast practical knowledge of our wildlife, pleasing and encouraging results have been achieved. A dried lagoon bed which was once drained, now provides permanent water, and favourable breeding habitats for many species of waterfowl. This year additional species to breed at Alcheringa included Musk Ducks, Chestnut Teal and Blue Winged Shovellers. Many years spent close to nature has given me a great insight into the needs of many species. I see many farm dams that with a little planning and alteration could become perfect habitats for many of our endangered wetland species, which fare badly in the survival stakes. I find that working with nature is very rewarding. The concept of Alcheringa is to bring together wildlife in its natural surroundings and people who enjoy this type of environment. Visitors to Flinders Island are most welcome to visit Alcheringa and enjoy its attractions. I would welcome letters from others who also are interested in PROJECTS OF CONSERVATION, or plan to visit these most beautiful islands. Wishing everyone peace and happiness for the New Year.

Stephen Rhodes
Alcheringa Wildlife Reserve
PO Box 120
WHITEMARK, FLINDERS ISLAND 7255.

Dear Night Owl,

Do you know of an organic spray that will keep aphids off my roses successfully. Many thanks.



Andrew McGee
93 York St
RICHMOND 3121

Dear Megg,

This letter is in reply to Shirley Hogan's (GR 62, p. 84) concerning what to do with the SEAWEED once you've collected it. The following is an excerpt from our local paper:- 'The lady recommends seaweed for hard to grow plants as it provides protection from the summer sun and winter frosts. Plant roots can be protected by seaweed mulch which can be made by drying seaweed in the sun. Then it has to be mulched with a lawn mower (or similar equipment) to make it easy to spread. It helps to keep moisture around roots and it provides nutrients for young plants'.

I would also like to know if someone has plans for a WIND GENERATOR, something that is reliable and inexpensive to build. Would an alternator or generator be best to use in conjunction with the propellers? If this makes the December issue. Merry Christmas and a Happy New Year to all.

Kevin, Peggy and Frank Parsons
34 Kline St
WESTON 2326.

Dear Megg, David and Readers,

Thanks for your great magazine. It shows me I'm not on my own in seeking the alternative lifestyle, elusive though it may be.

I suffer OSTEOARTHRITIS, can someone tell me of a cure for the pain? I don't like the thought of being on tablets the rest of my life. If I lived in a warmer climate than Canberra I might be OK, (I'm not crippled though). Would love to hear from many people, I love writing and making friends.

Maureen and Larry Edge
26 Alice Jackson Cres
GILMORE 2905.

Feedback Link-Up Feedback

Hi Everyone,

I hope this issue finds you happy. I am hoping someone could help me with some NATURAL REMEDIES. One is for headaches and migraines. Lately I have been getting dull headaches which seem to last forever. Also has anyone got any ideas on natural air fresheners. I am really getting to dislike using aerosols. If anyone can help I would be very appreciative.

Skye Brownfield
Flat 5/43 Skene St
SHEPPARTON 3630.

Dear Grass Roots and Readers,

Thank you so much for sending an issue — it is wonderful. The articles were excellent, but what impressed us the most is the openness and trust expressed between readers in 'Feedback Link-up Feedback'. If this type of sharing ever existed here in the USA (perhaps in the sixties), it is not to be found much now. Most here would be too frightened to ever invite a 'total stranger' into their home — which says much about life here. How refreshing and encouraging to know there are sisters and brothers like you in this world.

Ever since I was a child, when I read many old copies of *Walkabout*, I've WANTED TO LIVE IN AUSTRALIA. The only problem now is that my wife and I work for ourselves (making a herbal medicine, a co-op bulletin, doing small carpentry jobs, gardening, and such) and live on a small income. Plenty for us anywhere, but not enough to fulfill government requirements in Australia. We live, and want to continue living, very simply and close to the earth. So, we ask your help — can anyone offer some down to earth suggestions on how we might be able to move to, and stay in, your country? We would love to hear from you.

Tim and Doris Gardner
PO Box 427
LANGLEY WA 98260 USA.

Dear Megg,

We are new in Dubbo and live as natural a life style as possible. Maybe there might be some GR Dubbo readers who might know where we can buy ORGANIC FRUIT, VEGIES AND GRAINS from some farmers, especially MILLET. From a down to earth family.

The Wilsons
4/38 Bishop St
DUBBO 2830.

Dear GR Readers,

I have only recently been introduced to *Grass Roots* magazines (a pile of some 25 copies dating back to No 23). What a difference it could have made to me had we met years ago. I am a man of 55 living on an invalid pension due to osteoarthritis of the hips and spine. I was born on a dairy farm and knew nothing else until I was over 40, when I was afflicted with these health problems. I tried town living for a while but couldn't handle it so struck out again for the bush. I got a job as a station cook and over a period of 8 years travelled extensively taking jobs wherever in Queensland, Northern Territory and NSW. I have seen all facets of alternative lifestyles from kero and carbide lighting to kero fridges and cooking on the open fire to wood stoves (I still think they are tops), but I can really appreciate the convenience of commercial power.

I bought an old 16 ft caravan last December and went on the road again. I came here to this property 15 miles from Charters Towers, filling in any time gardening, caring for the chooks. I have built a shade house (as the weather here gets too hot in the summer for a garden) and have kept us in fresh vegies for ages now. When I had to work for a living, I could not appreciate all that this life offered but now I have time to see, I have never been so happy, so if anyone has any questions I would be happy to share with you and help all I can. I realise there is much yet I don't know. Later I hope to be doing more travelling and would love to meet some more people.

However, for now I am wanting some information on BEEKEEPING, where to get all necessary requirements (I have plenty of boxes and frames) and how to control moth and ants in the hives? Also how to rob the hives.

Monty Seng
C/- Annavale Station
MS 199
CHARTERS TOWERS 4820.

Dear Grass Rooters,

Inspired by the trilogy — if that's the word — of articles on WATER in GR 62 I would like to add something on this subject. How vividly the description by Sue Jenkins of their efforts to channel water in the right direction reminded me of visions of backbreaking spells with mattock and spade being repaid with little trickles of muddy water, that often never reached its destination. But the article by Megg Miller most appealed to me where it described the complete disregard of the value of water, even if in the town this is only a financial one. I remember when, living in the suburbs, I used to be appalled at the way people would turn on the sprinklers before going to work in the morning, the result being that long before they came home there was a stream running from the waterlogged lawn, across the footpath and down the drain. I have always been conscious of the value of water, from the days when you had to save a drop to 'prime the pump' up to today and when instinctively one turns off the tap when brushing teeth.

The writer suggests that it is a custom bred by country people to be sparing with water, and while this is no doubt true, may it not also be from an innate sense of thriftness — some might call it stinginess? I expect you would find that those folk who 'turn off the tap' also are the ones who save jam jars instead of pitching them out. The most flagrant waste of water I have ever seen is the manner in which holidaymakers at caravan parks overcome the lack of plugs in washbasins by turning both taps on full to provide a rinse for their razors. Here of course the owners or whatever of the premises are to blame as well.

Rod Morey
BOWEN MOUNTAIN 2753.

Dear Grass Roots,

Thank you for your unique magazine, most helpful and rewarding reading. Any readers' advice on planting WHEAT GRASS for juicing, either sowing directly into the ground or growing in trays, the size tray depth etc., would be appreciated.

B Rayworth
C/- PO
BOLGART 6568.

Dear Megg, Kath and GR Friends,

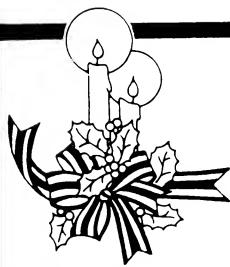
Myself (Chris), husband David, son Ben (4) and daughter Talitha (2), have been living on my cousin's property for about a year now. It has been wonderful to be able to see the changing of the seasons in natural surroundings. We had a big surprise on the first day of spring — over a foot of snow! At the moment we are having a hot spell, so it seems we've jumped from winter to summer with no spring. David and I are taking advantage of the mild weather to clear and burn off a few acres, with a view to being self-sufficient. We hope to build using the materials available, however, don't seem to be able to gather much information on BUILDING IN WOOD, making your own windows and doors, earth floors, shake or shingle roofs etc. We haven't decided on log, slab, drop-log, or weatherboard, so would be interested to hear of good publications on these types of construction (we have plenty on mud-brick) or from GR people who have built this way. Does anyone have roots of GOLDEN SEAL — or even seed? We're very keen to try growing it here. Drop me a line, I'll attempt to reply promptly.

Chris Husk
Gunmark Rd
BENDOC 3888.

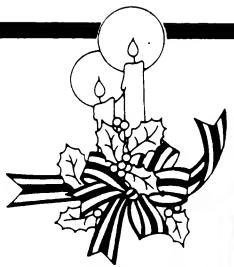
Dear Madam,

We are thinking of building a mud brick or rammed earth house in the Central Otago area of the South Island of New Zealand, where summers are hot and dry and winters are cold, with the possibility of snow lying on the ground for 1-2 weeks at a time. We understand that the U-value of rammed earth or mud brick walls is about 2.5 W/m² °C (compared with 0.36 for a weatherboard and plaster wall with 75 mm of bulk insulation) and wonder if this means that, despite their large thermal mass, earth-wall houses are unsuitable for Central Otago winters. Any comments or information from readers as to the THERMAL QUALITIES of EARTH-WALL HOUSES in COLD CLIMATES would be gratefully received and read with much interest.

J & S Hill
C/- C. G. Verity
Ribbonwood Road
GERALDINE, STH CANTERBURY, NZ.



gumnut gossip



Megg Miller.

Each year the December issue brings us mixed feelings, relief that we have survived the many deadlines and met our commitments as best we could but also an awareness of and sense of disappointment at what we haven't achieved. The many bits and pieces we are going to do and didn't — implementing new ideas, keeping up with mail, sending orders out on time... horrors, the list could go on and on. We seem to have had more frustrations and problems to deal with this year than previously and I'm sure we'll all breathe a sigh of relief when the old year passes.

Health problems have plagued some of us, several of our casual helpers have left, leaving us short of necessary skills during peak times and the computer has proved to be a pain in the bum to all, readers included. Knowing we were working with outdated software David had new programs written especially for our business idiosyncrasies so we could save a substantial amount of time and provide better service. Once installed the new program seemed terrific, but then a series of problems arose and we were really in trouble. They haven't been ironed out yet and poor David has lost more hair than he can afford to worrying and trying to work it all out. This mucking around has caused inconvenience to many of you who I know are still awaiting orders. Beryl and Yvonne have been working so many hours these last few weeks they could nearly be classed as permanents, as they've manually sorted through the orders in an effort to get books off to you. They are working as fast as Father Christmas's elves but if perchance your order hasn't arrived it may be a good idea to send in details so they can check it out for you. We really do feel very upset about this and apologise for the irritation and inconvenience it has undoubtedly caused.

By the time you receive this magazine our *Backyard Poultrykeepers Calendar* will be out and about. Yours truly was responsible for the text and should have had it written ages ago. Of course it ended up being a rush, with me sitting up late at night writing the equivalent of a short story for each page, so by the time we had finished Anna was beating her breast and saying 'No more, my fingers are numb. I can't typeset another word'. Being the bore I am about poultry I was quite hurt as I was just getting into my stride. Every GR household with poultry *needs* a copy, believe me, as well as those addicted to Trivial Pursuit, and if you're giving away copies as gifts and want them signed let us know and we'll all start forging my signature.

December is the traditional time for our end of year breakup, our infamous Trivia Night when personal quirks and foibles are irreverently exposed to all. Outlandish awards, poems, lavish gifts and even balloons are given extravagantly as we acknowledge the peculiarities of each other. We've been so busy getting this issue finished we haven't had time to think about it or even really decide upon a theme. In past years Lynne and Lisa orchestrated it, and with both now pursuing different careers we're finding them a hard act to follow. I'm sure we'll manage something offbeat at the last minute and this year I promise we'll try and take some photos for you. I think the last time we tried a group photo we found out later there had been no film in the camera! Perhaps the wining and dining will result in more inspired shots this time.

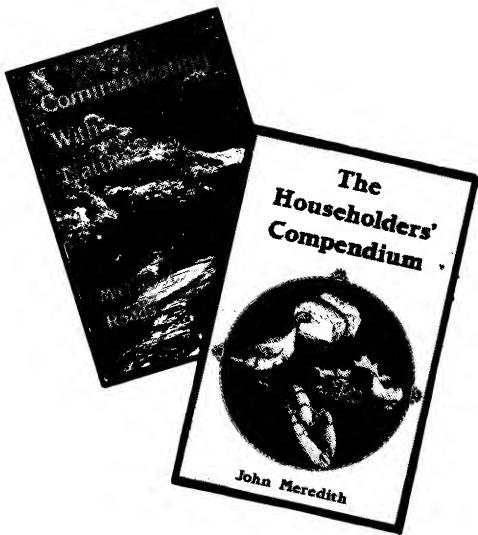
Last week two events occurred which could have had catastrophic results for us — and ironically they both occurred on Friday 13th. Kerry and Kath were driving to work when the steering suddenly went in Kath's 1955 Wolseley. It careered off the road and magically bypassed a stand of gums, coming to rest in a narrow cleared strip.

Amazed to be alive, the ladies collected their wits and handbags and set off to hitch a ride back to town. Alas, there was no traffic at that early hour so it was with relief they noticed a bus coming. The Wimmera Bushwalking Club were off to sojourn on Mt Bogong and were really chuffed to discover they had two of the leading lights of *Grass Roots* on board. It was a sign of great dedication on the ladies' part that they declined the generous offer to traverse Mt Bogong and, instead set off in another vehicle for work. The second incident involved David and he too was lucky to walk away unscathed. It was late afternoon and he was backing into a garage in town to pick up the trailer after a few repairs when suddenly a car ran into the side of him. Both vehicles were extensively damaged but fortunately neither driver was hurt. It was a very quiet David who drove the borrowed ute home that night and obviously the accident made a great impression on him as he's been a model driver ever since. Although the office van is a write-off, thank goodness he and both Kerry and Kath are none the worse for their ordeals.

With just weeks until the year's end it seems an ideal time to acknowledge and thank you all for your support and contributions to *Grass Roots*. Your enthusiasm for the back to basics lifestyle is infectious and it's difficult to pick up a copy and not feel stimulated or motivated. Your articles, poems, letters, and Classifieds are what make *Grass Roots* — and for the most part they are honest, practical, unpretentious and the unique expression of a particular individual. We appreciate the time and effort that go into contributions and value the suggestions, criticisms and accolades that come our way. They are all noted and discussed, and implemented where applicable. And the thank yous we receive can make a good day great, and a bad day better.

The other people I'd like to mention and acknowledge for their mighty effort are our team of helpers here. Anna, who has a finger in everything and in particular on the typesetter, worries for you all. Sad letters, late orders, they all wrench her heart and she puts a superhuman effort into the running of the business and magazine production. Kath, our editor, has the unenviable job of correcting your spelling errors (and there are plenty!), researching the articles for authenticity, suggesting extra reading, plus doing a wealth of jobs no-one else has time to do. She also produces the Book News, and she's only a slip of a thing with a less than robust constitution. Kerry works alongside me in the production room, co-ordinating and pasting up the Feedback and Classifieds, chasing up last minute alterations and cancellations and bearing the brunt of your displeasure for both yours and our mistakes. She brings a touch of glamour to the office but be damned if she will substantiate her claim to be scone maker supreme! The other elves in the office are an army of casual helpers, a group of women who shuffle their home commitments around at a moment's notice to come in and help out. Gail, Beryl, Fran, Mary and Yvonne type, process mail, send out orders and contribute generally to the skills and morale here. Together the GR staff add up to a dedicated and conscientious group that works to answer your enquiries and bring the magazine to you regularly.

From all of 'us' then a heartfelt thank you for putting up with the vagaries of our computer and service, best wishes for a happy, meaningful Christmas shared with your family and friends, and may the New Year offer promise, hope and peace. The realisation of all three is in our own hands.



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Cheryl Paul

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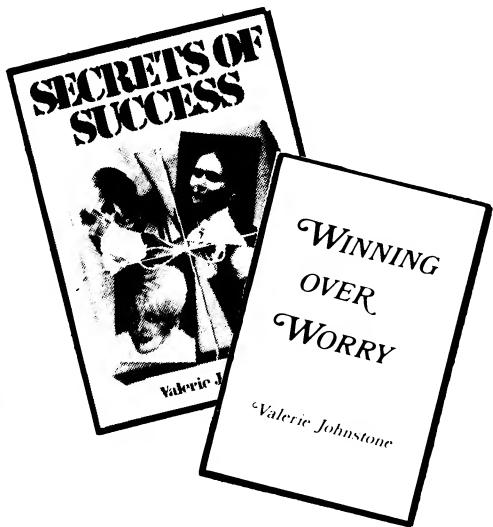
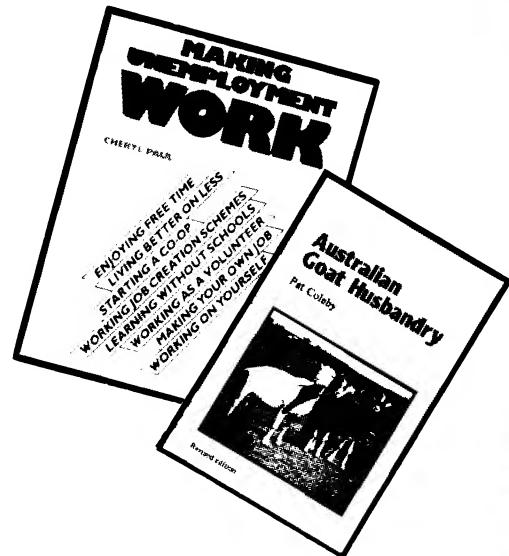
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